# REST UP FOR A HEALTHIER YOU

A good night's rest improves your mental and physical health, and all around quality of life. It also reduces fatigue, which is one of the biggest contributors to workplace accidents.

## FOLLOW THESE TIPS FOR A GOOD NIGHT'S REST:

### ROUTINE

Go to bed and wake up at the same time every day - even on weekends.

### EXERCISE AND DIET

Regular exercise promotes better sleep quality. So does cutting back on alcohol and big meals close to bedtime.

### SWITCH OFF

Keep your sleeping area quiet and dark. Avoid bright screens for at least an hour before bedtime.

### TIME OUT

Make relaxation your goal, not sleep. Try relaxation techniques like breathing and meditation to clear your head.