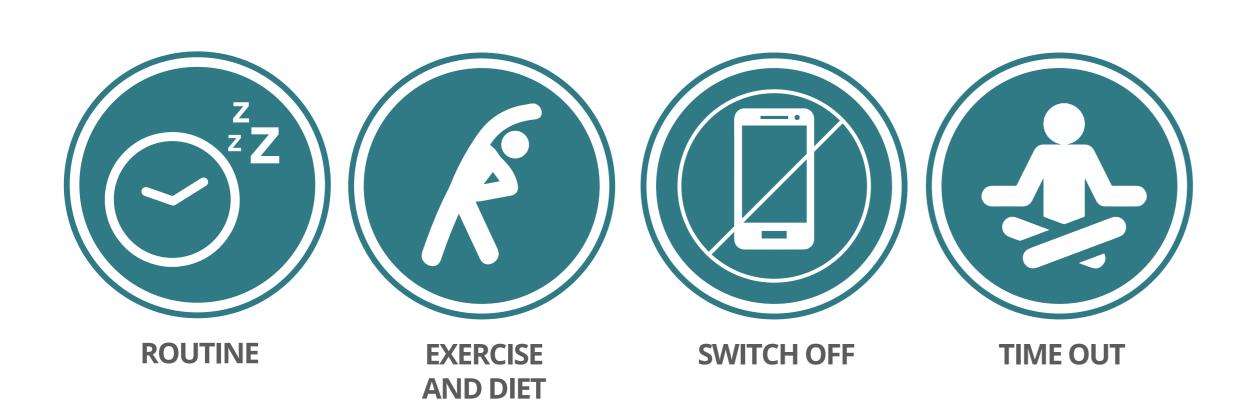
REST EASY FOR A HEALTHIER YOU

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







FOLLOW THESE TIPS FOR A GOOD NIGHT'S REST:

OUTINE
 try to keep regular bed and wake-up times every day, even on weekends

E XERCISE ROUTINE AND DIET

- reduce alcohol and big meals prior to bed
- regular exercise supports better sleep

WITCH OFF

- keep your sleeping area quiet and dark
- avoid phones or electronic devices in your room
- avoid bright screens for at least an hour before bedtime

IME OUT

- make relaxation your goal rather than sleep
- try techniques like breathing and meditation to clear your head

For more information regarding work, health and safety in NSW visit www.hii.au

we help people get their lives back