

# SMART DRIVER<sup>®</sup>

June 2023

## IMPROVING SLEEP HABITS

According to the the Public Health Agency of Canada, it is recommended that adults receive a minimum of 7 hours of sleep each night.

The problem is that many factors can disrupt a person's ability to get even the minimum amount of quality sleep. These factors include stress, working irregular hours, and practicing unhealthy lifestyle habits.

Read the information below and decide how you can better improve your sleep habits.

## RECOGNIZE THE HAZARDS

### ENVIRONMENT

Exterior noise at a truck stop or rest area can disrupt your sleep. Interruptions due to phone calls, texts, and emails also make it difficult to get quality rest. Additionally, odd sleep schedules, parking in unsafe areas, stressful delays, and adverse weather can affect sleep patterns.

### EQUIPMENT

Sleeping on an uncomfortable bed or pillow can make it difficult to fall asleep or get quality rest. Additionally, a C-PAP device malfunction or other equipment breakdown, such as a broken heater or failed air conditioner, can make sleeping a challenge.

### PERSONAL BEHAVIOURS

Sleep disorders, such as obstructive sleep apnea, restless leg syndrome, and insomnia, can disrupt sleep efforts. Additionally, obesity; smoking or consuming stimulants; eating unhealthy foods; watching electronics; and drinking alcohol, caffeine, and other fluids before bedtime can make sleep difficult.

## KNOW THE DEFENSE

### DEVELOP HEALTHY HABITS

- Exercise regularly to manage stress
- Lose weight, if needed. Obesity can lead to a sleeping disorder like obstructive sleep apnea
- Eat healthy foods and avoid alcohol, caffeine, and smoking
- Consult your physician regarding any sleep issues

### PRACTICE A PRE-SLEEP ROUTINE

- Avoid the following at least one hour before bedtime:
  - Heavy or spicy foods
  - Excessive fluids
  - Alcohol, nicotine, caffeine, or stimulants

### TRY SLEEPING AIDS

- Use a blackout curtain to create a dark sleeping environment.
- Wear a blackout mask.
- Wear ear plugs to block out unwanted noise.
- Listen to white noise.
- Keep your C-PAP device clean, sized correctly, and in proper working order.

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# Knowledge Verification

Driver's Name: \_\_\_\_\_

Driver's Signature: \_\_\_\_\_

Witness Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Please answer, and forward a completed copy to your Safety Department/Safety Representative.*

1. According to the Public Health Agency of Canada, adults ages 18 and up require a minimum of seven hours sleep per night.
2. Environment and external noise are factors that may disrupt your sleep.
3. Consuming unhealthy foods will help you receive a goods night rest.

True

False

True

False

True

False

Answers:  
1. True  
2. True  
3. False



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