

Did you know?

Sleep helps:

1. Boost physical repair
2. Mental recovery and learning
3. Restore energy
4. Improve mood
5. Improve concentration, focus and creativeness
6. Reduce our risk of many diseases



Join the movement!

Common things that effect Sleep:

Shift patterns – *affect the body's natural sleep / wake cycle*

Stimulants (caffeine, alcohol) – *prevents the body winding down*

Stress – *releases hormones like adrenaline which keep us wound up*

Temperature – *too hot or cold puts our body under stress*

Light – *stimulates our brain and prevents deep sleep*

Mattress / bed quality – *prevents us finding a relaxing position*

Being overweight – *more likely to develop a dangerous condition called sleep apnoea (ap-nee-a)*

Pod Trak Supporting Network Rail Fatigue Awareness Week

Monday 11th to Friday 15th March 2019



Why sleep is important.

Sleep plays an essential role in your health and wellbeing throughout your life. Getting enough good quality sleep has many benefits, including protecting your physical and mental health, quality of life and personal safety.

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Wake up to revised Fatigue Management

<https://safety.networkrail.co.uk/fatigue-improvement-programme/>

