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1. **Prioritize sleep** - Get as much sleep as you can, ideally eight hours.
2. **Consistent routine** - Keep your routine consistent even on days off.
3. **Prepare your sleep environment** - Make you room cool, dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
4. **Strategic caffeine use** - Caffeine can give you a temporary boost in energy but try to avoid it within 5 - 8 hours of bedtime as it may impact your sleep.
5. **Take a rest** - If the chance presents itself while on duty take a 15 - 20 minute rest (but no more than 20 minutes or you will find yourself more tired).
6. **Physical activity** - During your shift get up and walk around when you can (i.e. truck inspection while waiting in line to get loaded or unloaded.)
7. **Bright light** - Getting exposure to bright light can help make your body more alert. Spend an few extra minutes in the scale shack or turn on the cab light while stopped/waiting to keep your self alert.
8. **Optimize your sleep opportunity.**
 - 5 hours before bed: no more caffeine
 - 3 hours before bed: limit strenuous activities
 - 3 hours before bed: finish eating
 - 2 hours before bed: limit fluid intake
 - 1 hour before bed: turn off electronic devices and dim your lights



Safe Driving is
Good Business



BC Forest Safety