

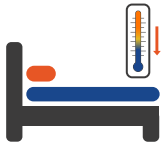
10 SLEEP TIPS FOR MINERS

ENVIRONMENT



Limit light exposure

Limit your light exposure at least a few hours before sleep. Common sources of light include the sun, lamps, and electronic devices. Light has a natural alerting effect and regulates your internal clock. Darkening or blackout shades can help, especially for night-shift workers who sleep during the day.



Keep the room cool and choose a comfortable bed

Keeping the bedroom a cool but comfortable temperature and using a comfortable bed and pillow are critical for good sleep. Spend some time finding a mattress and pillow best suited to you.



Limit noise sources

Limit sources of inconsistent and loud noises. Use a white noise machine to drown out unwanted background noises. A quiet bedroom improves sleep quality.

HEALTH



Get your 7–9 hours of sleep

Plan on getting 7–9 hours of sleep consistently by scheduling your bedtime based on when you need to wake up. Sufficient sleep is important for good sleep health.



Avoid big meals before bed

Avoid large or heavy meals and spicy foods 2–3 hours before bed. Eating these before bed can make it difficult to fall asleep and stay asleep.



Exercise regularly

Even walking and light stretching benefits your sleep quality and overall health. It also improves alertness.



Do you snore?

Although common, snoring can be a sign of a sleep disorder. Talk to your doctor if you snore or have other concerns about your sleep.

CONSUMABLES



Avoid caffeine

Stop consuming caffeine 5–6 hours before sleep. Caffeine can keep you awake many hours after consumption. Common sources of caffeine include coffee, energy drinks, and many teas and sodas.



Refrain from alcohol

Avoid alcohol at least four hours before bedtime. Alcohol makes it harder to maintain good quality sleep throughout the night.



Avoid nicotine and tobacco products

Avoid nicotine and tobacco products before bedtime. Nicotine and tobacco are stimulants and increase heart rate and alertness, making it difficult to relax and get ready for sleep.