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.