



Photo by ©Thinkstock

## SLEEP IS IMPORTANT FOR THE LONG HAUL

Information for truck drivers and everyone working in the truck transport industry.

Sleep is a need—not a luxury. Sleep is critical for a long and healthy life, driver satisfaction and productivity, and safety on roadways.

For more information and strategies on how to sleep better and to reduce the risks associated with fatigue, visit <http://www.cdc.gov/niosh/topics/workschedules/>.

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health



**NIOSH**