

# 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.



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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



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