

# PROMOTING HEALTHY SLEEP HABITS



American Foundation for Suicide Prevention

Marcus always showed up on time and worked with precision and was the kind of worker you could count on to get the job done. But lately, he seemed to be a step behind. He forgot his lunch, misplaced tools, and almost nodded off during a safety briefing. One day, when a coworker joked about him looking like a zombie, Marcus admitted he'd only been sleeping a few hours a night. The long shifts and off-hours were catching up with him. That opened up a team conversation—and made everyone rethink how important rest is to jobsite safety.

## WHAT YOU CAN DO

**Recognize Signs of Sleep Deprivation:** Slower reaction time, irritability, and small mistakes may be more than just a bad day. They might be signs of sleep deprivation. These early warnings are easy to miss—and dangerous to ignore.

**Support Healthier Routines:** Encourage habits like regular sleep schedules, cutting back on caffeine, powering down screens and avoiding alcohol before bed. These changes might seem small, but they can make a huge difference.

**Seek Medical Advice:** Sleep problems impact as many as 70 million adults in the U.S and seeing a doctor to discuss evaluation and treatment options can be an important step.

## JOB SITE DISCUSSION STARTERS

1. Does anyone have experience with techniques for getting better sleep? to help fall asleep?
2. What are some other tips that have helped you improve your sleep?

## THE BOTTOM LINE

Sleep often gets overlooked in construction, but it's a critical part of health and performance. Chronic sleep loss can increase the risk of injury, heighten emotional stress, and weaken decision-making. By encouraging better sleep habits, we protect more than just physical energy—we safeguard mental resilience too. Rested workers are less likely to get hurt and more likely to help others stay safe. When we treat lack of sleep like the serious safety issue it is, we protect lives.

Lastly, if you or someone you know is in crisis, please call, text or chat with the Suicide and Crisis Lifeline by calling or texting the number 988.

*Don't forget to mention your company's mental health resources or local service options.*