



## Prevention and health guidelines for **safe driving**

Do you sleep well?

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Quality sleep is essential in order to recharge our body's batteries and to avoid problems of drowsiness and tiredness throughout the day.

### What are your sleeping habits like?

Answer these questions.



Do you ever stay in bed waiting to go back to sleep even when you don't feel tired?	Yes, often	Sometimes	No
Do you make up for eating little during the day with a big dinner?	Yes, often	Sometimes	No

If your answers came under a **red or amber traffic light**, this shows that your sleeping habits are not healthy: **change your approach!**

### Rules for getting healthy sleep

Follow these rules so that you get a good sleep both in terms of quantity and quality.

#### Limit the time you spend in bed to the time you need only to sleep.



- Don't use the bed for watching TV, eating, working or studying.
- Don't go to bed if you don't feel tired.
- If you don't feel tired, don't stay in bed. Get up and do something relaxing.

## Follow an eating regime which will help you to get a good night's rest



- Don't have a big meal in the evening: this slows down digestion and makes it difficult to get to sleep.
- Don't have drinks with caffeine, drink alcohol or smoke in the evening.
- Don't abuse or use sleeping pills inappropriately.
- Try not to drink too many liquids in the evening or just before going to bed.
- Keep to regular meal times.

## Always go to bed at the same time



- Don't sleep too late in the morning even if you haven't slept well during the night.
- Try to go to bed at the same time, even at weekends.
- Try not to take naps during the day.
- Don't fall asleep in front of the TV after dinner to avoid snoring or going into apnea.

## Create a good sleeping environment



- Don't do strenuous physical activity in the evening.
- Make sure your bedroom is a good sleeping environment: noise, temperature, humidity and light can affect the quality of your sleep.