

Sleep to Reset

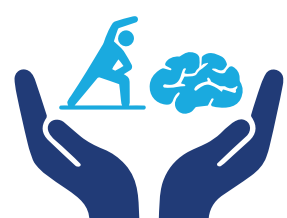
Regular, good quality sleep is important for a healthy body and mind.



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Sleep helps your body and mind recharge

Regular, good quality sleep helps you recharge your mind and body so you can show up at your best.



Supports physical and mental health



Improves brain function and memory at work



Supports mood and your ability to manage stress



Helps you get along better with colleagues



Helps you wake up refreshed and ready for the workday

How much sleep do you need?

7 hours, roughly



Everyone is different. What matters most is good quality sleep on a regular schedule. Research shows that around 7 hours of good quality, uninterrupted sleep is ideal for most adults.

6 steps to better sleep



Keep a sleep schedule

Go to bed and wake up at the same time every day, even on days off.



Limit screens and bright light

Avoid screens before bed and dim the lights. Aim for at least 30 to 60 minutes before bed.



Mind what you eat and drink

Avoid heavy meals, alcohol and caffeine close to bedtime.



Wind down before bed

Create a relaxing routine that you enjoy, to help your mind and body settle. Read, listen to music, stretch or breathe.



Create the right environment

Keep your room cool, dark, quiet and comfortable.



Monitor your sleep

Notice how long and how well you sleep, and what helps you feel rested (or not). Use tools to learn what works for you, and adjust.

If you work shifts...

Shift work can disrupt your body clock, making good quality sleep more challenging. These tips can help.



Plan your sleep

Find a routine that works for you and stick to it, even on days off.



Use naps wisely

Short naps (15 to 20 minutes) can boost alertness. Avoid naps 4 to 6 hours before your main sleep.



Control light and noise

Put your phone on silent, and use blackout curtains, an eye mask and earplugs to create the best sleep conditions.



Eat smart

Eat at the start and end of your shift. Choose light, healthy options and stay hydrated.



Let others know

Help your family and friends understand and respect your sleeping hours. Set expectations.



Consider safety when fatigued

If you are too tired to be safe, speak up and take a break.

Working evenings or nights?

Two extra habits that help your body cope with night work.



Rest before you start

Make sure that a sleep period of at least 7 hours has occurred within the last 8 hours before going to work.



Time your meals

Limit food and energy intake between midnight and 06:00. Eat at the beginning and end of your shift instead, and plan your largest meal in the middle of the day. After a night shift, eat a moderate breakfast before your day sleep so hunger does not wake you.



Need support?

If something is affecting your wellbeing at work, you do not have to manage it alone. Talk to your manager, HR or occupational health team.

Find more healthy lifestyle resources

hdp.gov.mt