

Are You Getting Enough **Sleep?**



63%



50%

of Virginia's EMS providers received less than 7 hours of sleep on average in a 24-hour period.

of Virginia's EMS providers felt they did not receive enough rest or sleep 14 or more days in a 30-day period.

Getting less than 7 hours of quality sleep a night not only impairs alertness and job performance but it can also negatively impact your physical and mental well-being.

Healthy Sleep Habits

7 HOURS OR MORE

Aim for **7 or more** hours of sleep per night.



Be consistent. Go to bed at the same time each night and get up at the same time each morning.



Keep your bedroom dark, quiet, relaxing, and at a comfortable temperature.



Avoid caffeine, alcohol, and large meals before bedtime. Always avoid tobacco and nicotine.



Keep electronic devices, such as smartphones, TVs, and computers, out of the bedroom.



Get some exercise. Being physically active during the day can help you fall asleep more easily at night.