TIPS FOR TELECOMMUNICATORS

Improving Sleep

1   **Keep a regular schedule.**
Even on non-work days, try to go to sleep and get up at the same time.

2   **Establish a bedtime routine.**
Avoid food, exercise, stimulants, and screen time right before bed.

3   **Keep your sleeping environment dark and cool.**
The 60 degree range is usually the most comfortable for most people.

4   **Use the bed only for sleeping.**
Reading, eating, and using electronics can train your mind to stay awake.

5   **Get regular exercise and natural light exposure.**
These both help maintain your body's natural sleep-wake cycle.

6   **Don't force yourself to stay in bed.**
After 20 minutes of wakefulness, get up and do a relaxing activity.

7   **Monitor and get help.**
Keep a sleep diary to understand your patterns better and consider visiting a sleep clinic for professional testing.

Reducing Stress
A Toolkit for 9-1-1 Call Center Managers

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Public Health Practice
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