Sleep Health & Fatigue Management

sata CommHealth

Why Sleep Matters

Good sleep helps the body **heal, reduce pain, and prevent injuries**

Poor sleep increases accidents, stress, body pain and long-term health risks

When fatigue is dangerous?
Driving, operating machinery, working at heights

Signs of Poor Sleep & Fatigue

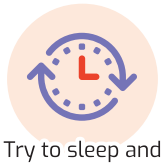
- Feeling tired even after sleeping
- Frequent yawning, heavy eyes
- Headaches or dizziness
- Irritability or low motivation
- Body pain that does not improve
- Difficulty concentrating at work

Common Sleep Challenges

- Long working hours
- Shift works (Early morning or night shifts)
- Dormitory noise, overcrowding, bright lights
- Worries about family, finances, job security
- Mobile phone use late at night
- Caffeine (coffee, energy drinks) to stay awake at work

Practical Sleep Tips

Before Sleep



Try to sleep and wake at **the same time daily**

Avoid phone use **30–60 minutes before sleep**

Reduce caffeine after **2–3 pm**

Wash face or shower to signal the body it's time to rest

Exercise 4-6 hours before bedtime helps with sleep, but hours just before bedtime

Sleep Environment (Dorm-Friendly)

- Use **earplugs** or soft background sound
- Use **eye mask / towel** to block light
- Keep sleeping area clean and tidy
- If hot: use fan properly, light clothing

Managing Shift Work & Long Hours

- Take **short rest breaks** if allowed
- Power naps (15–20 minutes) — not too long
- Stretch lightly before sleep to reduce muscle tension
- On off-days, do not oversleep too much (≤1–2 hours)

Food & Drink

- Avoid heavy, oily food late at night
- Drink enough water but reduce just before sleep
- Avoid smoking and/or alcohol before bedtime
- Avoid alcohol to "fall asleep" (it worsens sleep quality)

Fatigue & Work Safety

Resting prevents accidents
— it protects you and others.

If feeling very tired at work:

- Inform supervisor early
- Take micro-breaks
- Do not operate machines if dizzy or unfocused

Sleep & Mental Health

- Poor sleep can worsen:
  - Stress
  - Anxiety
  - Low mood
- Talking to someone helps — friends, volunteers, counsellors
- Seeking help is a sign of strength, not weakness

When to Seek Medical Help

- Insomnia for more than **2–3 weeks**
- Loud snoring, choking during sleep
- Severe daytime sleepiness
- Sleep problems with ongoing sadness or stress
- Excessive daytime sleepiness / frequently dozing off in the daytime (may which be suggestive of obstructive sleep apnoea)