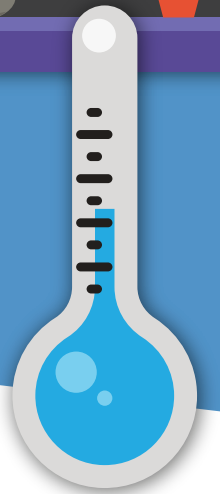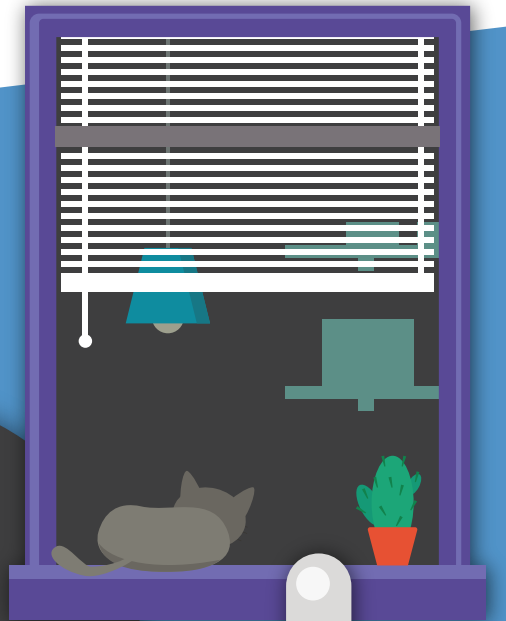# Get better sleep with ACES

Avoid **A**lcohol and **C**affeine before bed

Sleep-friendly **E**nvironment

No **S**creens before sleeping

Get 7-9 hours of sleep every day.

FATIGUE AT WORK

nsc.org/fatigue

NATIONAL SAFETY COUNCIL®