



TIPS FOR A GREAT NIGHT SLEEP

SLEEP DEPRIVATION IS COMMON AMONG FIRST RESPONDERS.
HERE ARE 4 PRACTICAL TIPS TO IMPROVE YOUR SLEEP.

10

HOURS BEFORE YOU SLEEP
NO MORE CAFFEINE

3

HOURS BEFORE YOU SLEEP
NO MORE FOOD OR ALCOHOL

2

HOURS BEFORE YOU SLEEP
NO MORE WORK

1

HOURS BEFORE YOU SLEEP
NO MORE SCREEN TIME



We're here when you need us.

Contact the EAP with 24/7 Access

thecounselingteam.com/dea-employee-assistance-program

800.275.7460

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.