

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Benefits of Sleep

- To be properly rested, sleep at least 7 to 8 hours a night.
- When you sleep your brain rests, this allows it to receive the appropriate amounts of oxygen it needs to function properly.
- Benefits of sleep:
 - Improved reaction time to daily situations
 - Improved coordination
 - Improved problem-solving skills
 - Prevents you from being easily distracted
 - Lowers stress levels and decreases irritability
 - Improves memory
 - Helps maintain a healthy diet/weight
 - Helps reduce daily aches and pains by allowing the body to repair itself (cells produce protein while you sleep)
 - Helps prevent depression
 - Helps maintain a healthy heart
 - Reduces the risks of asthma attacks, strokes, and seizures, and may prevent cancer (breast and colon)
- In order to get the proper amount of sleep:
 - Be sure the sleeping conditions are appropriate (dark room, appropriate room temperature, comfortable mattress and pillow)
 - Develop a regular bedtime routine (use 7 days/week)
 - Relax before going to sleep and avoid allowing your mind to race before bedtime
 - Never abuse sleeping medication or use alcohol to help you sleep (see your doctor about medications)
 - Do not eat or exercise right before bedtime (eat and exercise at least 3 hours prior to bedtime)
 - Avoid caffeine and sugar as much as possible, and especially right before bedtime

Notes:

Instructor Tips

- **Stress how being well rested can help prevent accidents that may be caused by tiredness.**
- **Ask workers if they regularly get 7 to 8 hours of sleep a night, and if not, what is preventing it and how can it be corrected.**
- **Explain that if you get the right amount of sleep and are still tired, you should have your doctor check you for sleep apnea, diet patterns, anemia, hypothyroidism, heart disease, diabetes, and allergies.**
- **Explain that naps can improve your health and work production.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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General Health (3)