



Sleep Tips for Construction Workers: Building Better Rest for Better Performance

Why Sleep Matters for Construction Workers:

Construction work with all the deadlines and exacting specifications is stressful. Construction is physically demanding and often involves long hours, early mornings, and potential safety risks.

Poor sleep can lead to:

- Fatigue and slower reaction times.
- Increased risk of accidents and injuries.
- Reduced focus and productivity.
- Weakened immune system and slower recovery from physical labor.

Tips for Better Sleep

1. Prioritize Sleep: Make Rest a Non-Negotiable

- Aim for **7–9 hours of sleep** each night, even during busy projects.
- Establish a consistent sleep schedule, going to bed and waking up at the same time every day, even on days off.

2. Create a Sleep-Friendly Environment

- Use blackout curtains or an eye mask to block light, especially if you sleep during the day.
- Use earplugs or a white noise machine to drown out loud or irregular sounds.
- Keep your bedroom cool and comfortable, around 60–67°F.

3. Wind Down After Work

- Avoid heavy meals, alcohol, or caffeine at least 2–3 hours before bed.
- Practice relaxation techniques such as deep breathing, gentle stretching, or meditation.
- Limit screen time (phones, tablets, or TVs) before bed to reduce blue light exposure, which can interfere with sleep.

4. Plan Around Your Work Schedule

- If your shifts change, gradually adjust your sleep schedule by 15–30 minutes each day.
- Use short naps (20–30 minutes) to recharge when you're on irregular hours, but avoid napping too close to bedtime.

5. Maintain Healthy Habits

- Stay hydrated throughout the day but limit fluids an hour before bed to reduce nighttime trips to the bathroom.
- Eat a balanced diet with plenty of fruits, vegetables, and whole grains to support recovery and energy levels.
- Incorporate regular physical activity, but avoid intense exercise within 2–3 hours of bedtime.

6. Address Stress and Anxiety

- Talk to a colleague, supervisor, or counselor if work stress is affecting your sleep.
- Keep a notebook by your bed to jot down any lingering thoughts or to-do lists before sleeping.

7. Seek Professional Help if Needed

If you experience ongoing trouble sleeping, excessive daytime sleepiness, or signs of a sleep disorder like sleep apnea, consult your healthcare provider.

Quick Checklist for a Good Night's Sleep

- ✓ Avoid caffeine after lunch.
- ✓ Eat dinner 2–3 hours before bedtime.
- ✓ Keep your sleep environment dark, cool, and quiet.
- ✓ Use a consistent bedtime routine.
- ✓ Limit alcohol and heavy foods before bed.
- ✓ Avoid using your phone in bed.

Rest well, work safer, and build a better you.