



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



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This flyer is provided on behalf of First Responder Wellness 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. Learn more about fire family resources at firefighterwife.com or email firefamilysupport@frhealth.com.