

# Sleep well?

Restorative sleep prepares you for the day  
and halves your risk of suffering an accident.



More info at  
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## Restorative sleep reduces the risk of accidents

Healthy sleep helps protect you from accidents, both at work and in your leisure time. The risk of suffering a road traffic accident can reduce by as much as seven to eight times.

## Plenty of reasons to ensure your sleep is restorative

Sleep is central to your well-being, health and safety, as it

- boosts your concentration, reaction time and performance
- improves your memory
- supports inner balance
- strengthens your immune system
- helps you reach and maintain a healthy body weight

## Improve your sleep hygiene

Sleep hygiene covers all the habits that promote restorative sleep: sticking to regular bed and meal times, creating an optimal sleep environment and practising relaxation and calmness. You can also do something for your sleep during the day: go outside. Exercising in the fresh air and getting plenty of daylight promote healthy sleep.

## We can help

Our prevention module “Sleep well” can help you and your colleagues improve your sleep habits – for healthy and restorative sleep.

