



Improve sleep and safety.

Many railroaders work unpredictable schedules, so it's essential to know how and when to get the best sleep possible to improve safety and health, both on and off the job. The *Railroaders' Guide to Healthy Sleep* website provides tools, tips and information to help railroaders—as well as families and friends—explore and improve sleep and find a healthy balance in life.

EXPLORE

Sleep is vital. We can't live without it. Good sleep improves railroader safety and health, both on and off the job. Learn what helps or harms the quality and quantity of your sleep. Discover your daily patterns of alertness and sleepiness. Find out whether it's time to talk to your healthcare provider about your sleep.

IMPROVE

With some simple adjustments, you can improve your sleep—and your life. These smart sleep tactics can help you perform your job safely, enjoy family and community life, see friends, and even squeeze in sports or other leisure activities. Better sleep can lead to better health.

BALANCE

It is a challenge to balance work and life while working unpredictable hours. Since there is no one-sized-fits-all solution, you'll find tips and practical strategies from actual railroaders who work unpredictable schedules that have helped them manage the railroader lifestyle, along with ideas from their families and friends.

Visit www.RailroaderSleep.org

RailroaderSleep.org is designed for:

Railroaders

Whether your schedule is predictable or not, you'll find tools and information designed especially to improve your sleep.

Families and Friends

A railroader's schedule can affect family and friends, too. Improve your railroader's sleep and daily life—and your own.

Carriers

Share this site with employees via Human Resources departments, staff nurses, Employee Assistance Programs and company intranets to get the word out about healthy sleep. You can start by printing and posting this promotional flyer.

Unions and Auxiliaries

Unions and their spouses' networks can help members stay informed and safer. RailroaderSleep.org encourages you to share the site in newsletters and on social media.



The Anonymous Sleep Disorders Screening Tool

Check your risk for common sleep issues—and find out how to get help if needed.

You can print out your results to share with your healthcare provider.

Use of the tool and your site visit are always anonymous. No one will know but you. You can read the full Privacy Policy on the site.

If you have questions or comments, or sleep tips that work for you, please email us at **RailroaderSleep@dot.gov**

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