



Sleep Better.

Visit www.RailroaderSleep.org for steps to improve your sleep and make a real difference in your life.

Whether you are a railroader family member or friend, you know it's crucial to keep an eye on shut-eye.

Visit the *Railroaders' Guide to Healthy Sleep* website to:

- Learn more about sleep health
- Find practical tips and resources you can use to improve sleep and maintain alertness
- Strive for work/life balance, even when working unpredictable hours
- Determine your risk for sleep disorders using the Anonymous Sleep Disorders Screening Tool

Visit www.RailroaderSleep.org

A resource originally created by the Division of Sleep Medicine at Harvard Medical School in 2012 and updated by Volpe, The National Transportation Systems Center in 2015. Owned and funded by the Federal Railroad Administration, an operating mode of the U.S. Department of Transportation.