

# TIPS FOR SEAFARERS



# SLEEP



**MARINERS  
UPDATE**

# Why Good Sleep is Important for Seafarers



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UPDATE**

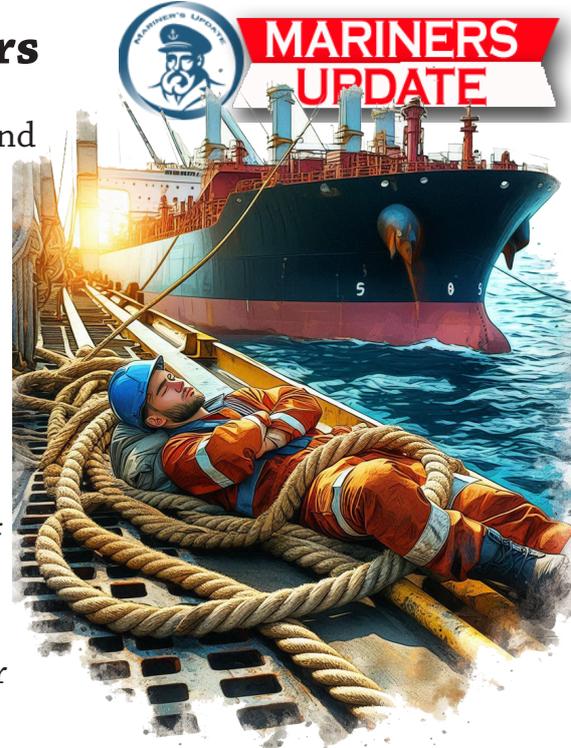
**Stay Sharp:** Sleep helps your brain recharge so you can be alert and focused on the job.

**Better Health:** Lack of sleep can lead to heart disease, diabetes, and weight gain.

**Boost Your Mood:** Poor sleep can cause stress and depression over time.

**Stronger Immune System:** Good sleep helps your body fight off illnesses.

**Improve Fertility:** Proper sleep supports reproductive health for men and women.



## Simple Tips for Better Sleep at Sea

**Stick to a Routine:** Try to sleep and wake up at the same time every day, even on shifts.

**Comfort is Key:** Make sure your bed is comfy and keep your room cool and dark (17-20°C).

**Turn Off Devices:** Avoid using phones or laptops at least 30 minutes before bed.

**Limit Caffeine:** Avoid coffee, tea, and alcohol before bed.

**Get Some Sun:** Daylight helps reset your body clock for better sleep.

**Relax:** Try breathing exercises, meditation, or stretching to help you unwind.

## Shift Workers: How to Get Enough Rest

**Limit Night Shifts:** Don't do too many night shifts in a row to avoid sleep debt.

**Take Power Naps:** A short nap before your shift can help you stay alert.

**Expose to Light:** Use bright light during night shifts to stay awake.

**Manage Caffeine:** Drink coffee at the start of your shift, but avoid it later.

