



SAFETY FIRST

Daylight Savings Ends

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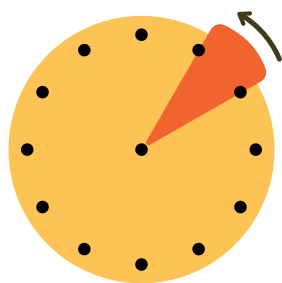
Today, as Daylight Savings ends in the US and Canada, don't forget to turn your watch back one hour—and consider using that extra hour to catch up on sleep. According to a National Safety Council (NSC) survey, 43% of working adults admit to sleeping less than seven hours a day. For solid waste and resource management professionals handling complex materials and heavy machinery for long hours, this sleep deficit can dangerously impair vision and coordination, often without immediate awareness.

You may not realize you're fatigued until you begin falling asleep, and the impairment can be dangerous. Most drowsy driving crashes occur between midnight and 6 a.m. or in the late afternoon, often involving solo drivers on rural roads and highways.

Check out the tips below to ensure better rest:

- Try to avoid looking at any screens within the hour before you go to sleep.
- Avoid hitting snooze repeatedly. Set alarms at a reasonable time.
- Establish a routine for waking and going to sleep.
- Check that your bedroom temperature is neither too warm nor too cold.

Source: [NSC](#), [Parkinson's Foundation](#), [NHTSA](#)



Remember to set your clock back—and make the most of that extra hour by prioritizing healthy sleep habits!



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