Sick and tired of waking up sick and tired?

Has sleeping become a luxury for you? Let's face it, lack of sleep is common among shift workers, and its effects are felt at work, at home and on the road.

That's why you should learn how to improve the quality of your sleep. Because once that improves, so does your family life, your workday and your ability to drive.

Wake Up And Get Some Sleep

Sleep tips: Get up at the same time every day even on your days off. ■ Create an environment for uninterrupted, restful sleep. ■ Avoid exercising three to four hours before going to sleep.