



Safety Bulletin: Sleep is a Safety Tool

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Attention: Human Resources, Risk Management, District Staff

Sleep is widely recognized as essential for good health, but it is just as critical for maintaining alertness, sound judgment, and overall safety on the job. According to the CDC, 13% of work injuries can be attributed to sleep problems.

Lack of Sleep is a Safety Hazard

Lack of sleep is a serious safety hazard that affects you, your coworkers, and the students you serve. Common risks include:

- Decreased coordination which can lead to slips, trips, and falls.
- Errors in calculations or procedures which can lead to accounting mistakes or incorrectly mixing chemicals.
- Slower reaction time which is dangerous when driving and using machinery.
- Irritability and poor communication can lead to interpersonal conflict.



Most adults should aim to get 7 to 9 hours of sleep each night. Satisfactory sleep provides better physical and mental health. Sleep allows your body to repair itself, regulate hormones, and maintain healthy blood pressure and heart function. Other physical benefits include a stronger immune system and better weight control.

Sleep restores emotional balance by allowing the prefrontal cortex to regulate the amygdala, the brain region responsible for fear and stress response. Deep sleep also acts as a reset for the nervous system, reducing overactivity in regions linked to anxiety.

Improve Your Sleep With These Strategies:

- Keep a consistent sleep schedule, even on weekends.
- Create a relaxing bedtime routine.
- Limit screen time 1-2 hours before bed.
- Avoid caffeine, heavy meals, and alcohol before bedtime.
- Make your sleep environment cool, dark, and quiet.
- If you cannot sleep, get up and do a calming activity.
- Talk to your doctor if sleep problems persist.



Prioritizing sleep is good for your overall health and will have long-term benefits. On the job, sleep will help you be more alert, more productive, and better engaged in the work you do to serve your students and your school community.

Sources: [National Sleep Foundation](#), [U.S. Centers for Disease Control and Prevention](#), [National Heart, Lung, and Blood Institute](#)