

NIOSH Training Program for Truck Drivers

Welcome to:

Healthy Sleep for Truckers!

Your sleep health is important not just to you but to your family, other people around you, and us!

We are the [National Institute for Occupational Safety and Health](#), part of the [Centers for Disease Control and Prevention \(CDC\)](#).

We made this web page to help you maximize your sleep health and better understand factors that can affect your health: shift work schedules, long hours, irregular breaks, and poor sleep.

This site is not flashy, there are no pop-ups or advertisements. Just simply, straightforward information on sleep.

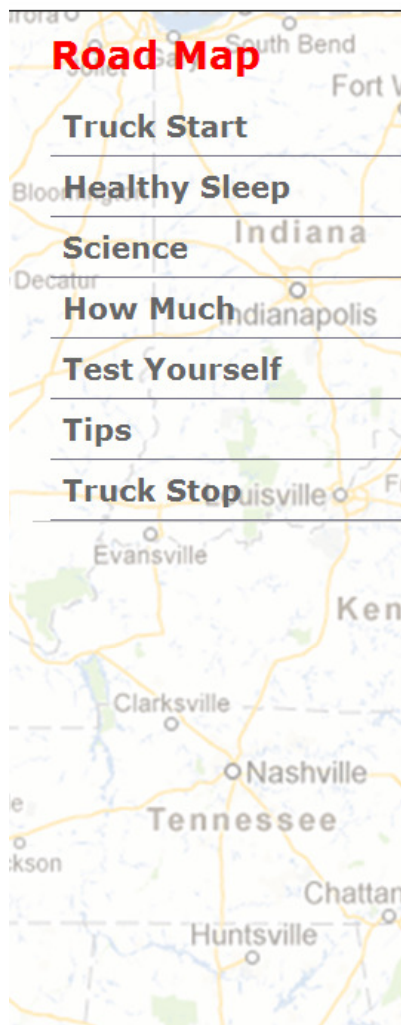
We want to help you make sleep a priority for you, and hope you continue to learn the importance of sleep.

Please check back here as we will be updating with more information for you.

For more information on NIOSH's work, click: <http://www.cdc.gov/niosh/programs/twu/>



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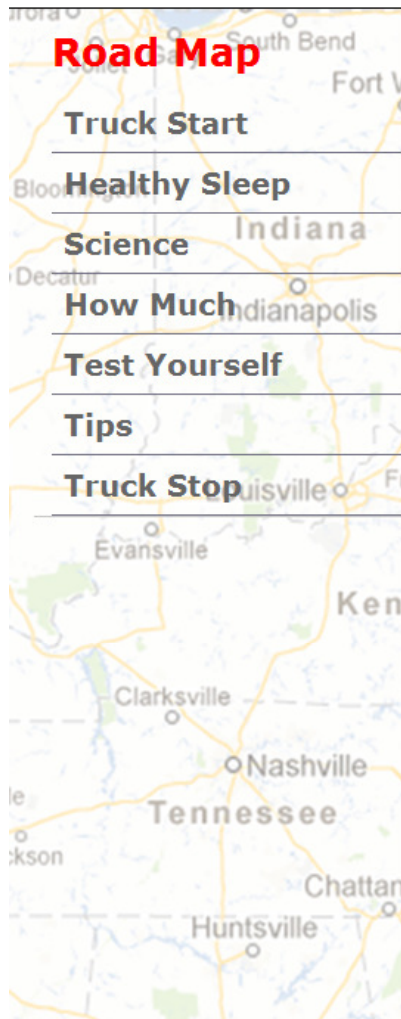


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What does NIOSH have to do with trucking?

NIOSH researchers work to reduce the many things that can impact your health while you are on the road:

- Cab vibration of your body
- Exposure to noise, lack of air conditioning, diesel fumes
- Sitting for long periods; tiring and painful postures
- Irregular mealtimes and poor diet
- Potential for road crashes
- Risk of slips or falls while getting in or out of the truck cab
- Sprains, strains, and back injuries from heavy lifting



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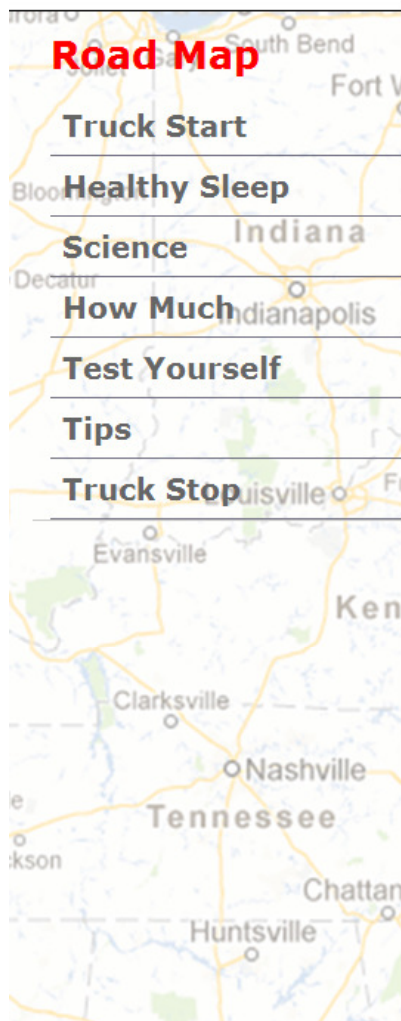
NIOSH also works to help promote Healthy Sleep for Truckers!

Although not all commercial drivers experience negative effects from their schedules. Some feel these work times are a good fit for them.

Others may find this information helpful for getting healthy sleep, especially those who are:

- new to the industry
- feeling routinely run-down, sick, or tired
- getting older





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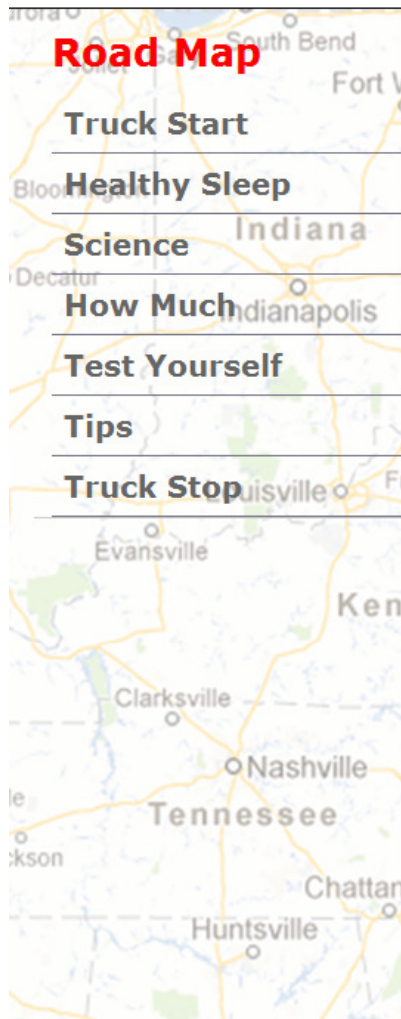
Why Good Sleep Keeps You a Healthy Driver

Good sleep is as important as proper nutrition and exercise.

On this site you will learn that when sleeping, your body and brain are busy repairing wear and tear and getting you ready for the next day.

Trucking is already a tough-enough job; poor sleep makes it even more difficult.





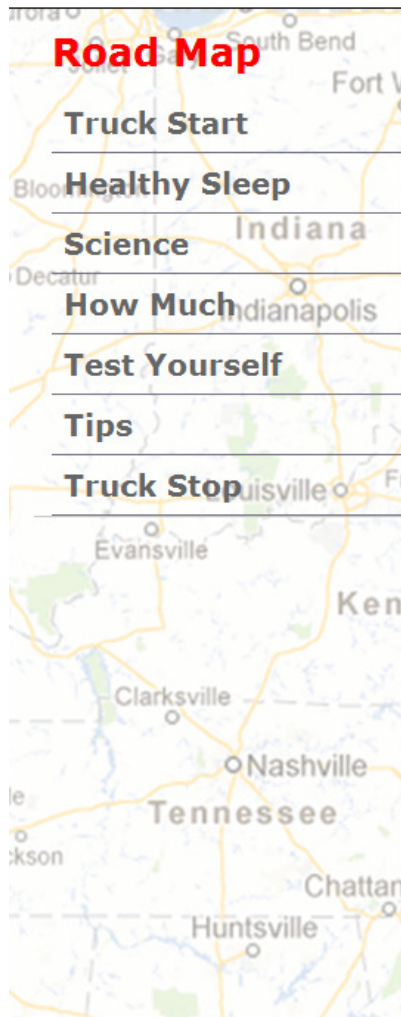
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Why Good Sleep Keeps You a Healthy Driver

In fact, if you get poor sleep or not enough sleep, you may have

- slower reactions, a cloudy mind, or a bad mood
- a weaker immune system, increased risk for cold and flu, high blood pressure, diabetes, and other serious health problems
- out-of-balance appetite hormones, leading to overeating and obesity





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Why Good Sleep Keeps You a Healthy Driver

Weird but True

Science does not have the full answer about why we sleep, but evidence is mounting that critical health functions occur during sleep that are connected with maintaining health and life.

In a laboratory study, rodents that were kept awake for a few weeks died, even though the researchers gave them food and water, so their deaths were attributed to sleep deprivation. Death due to sleep deprivation took just a little longer than death due to starvation.

Source of these statements:

Everson CA. 2009. Comparative research approaches to discovering the biomedical implications of sleep loss and sleep recovery. In Amlaner CJ, Phil D, Fuller PM, eds. Basics of Sleep Guide. Westchester, IL: Sleep Research Society.



Check out our Blog on this topic:

<http://blogs.cdc.gov/niosh-science-blog/2012/03/sleep/>

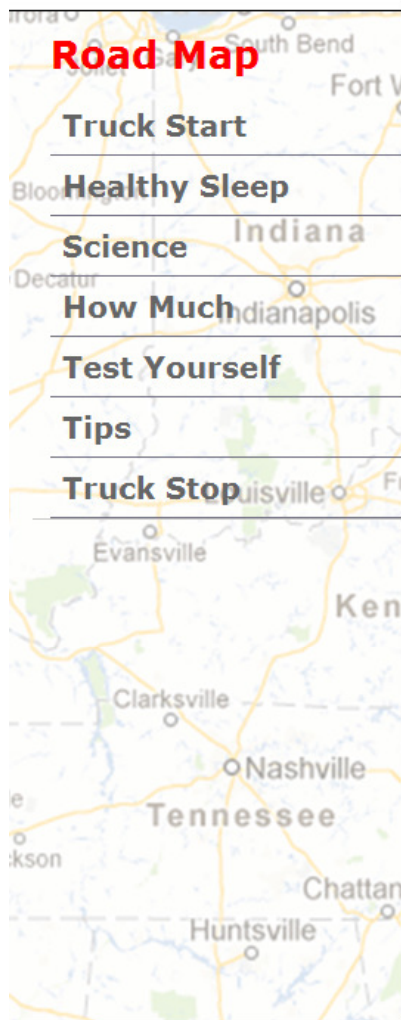
Also, you can visit the NIOSH Truck Driver Safety and Health

Blog:

<http://blogs.cdc.gov/niosh-science-blog/2007/11/truck/#comments>

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Why Good Sleep Keeps You a Healthy Driver

Sleep researchers say:

- adequate sleep is as important for living as food and water
- people should get the amount of sleep they need to maximize health

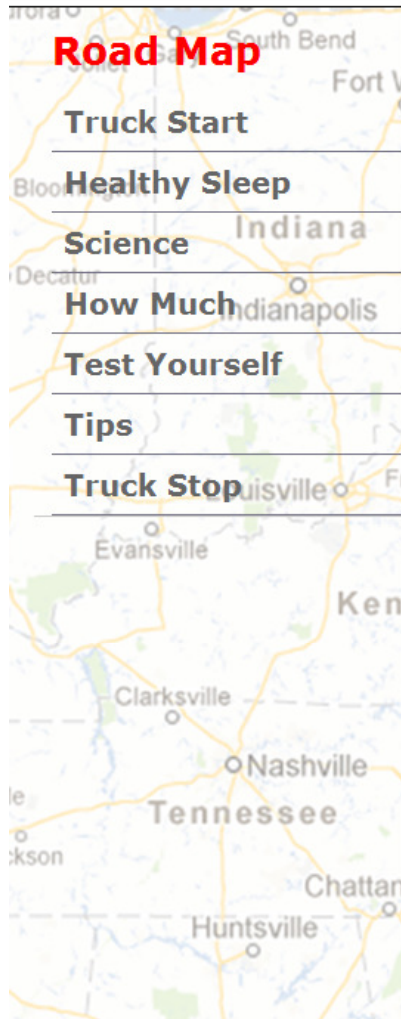


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Why Good Sleep Keeps You a Healthy Driver

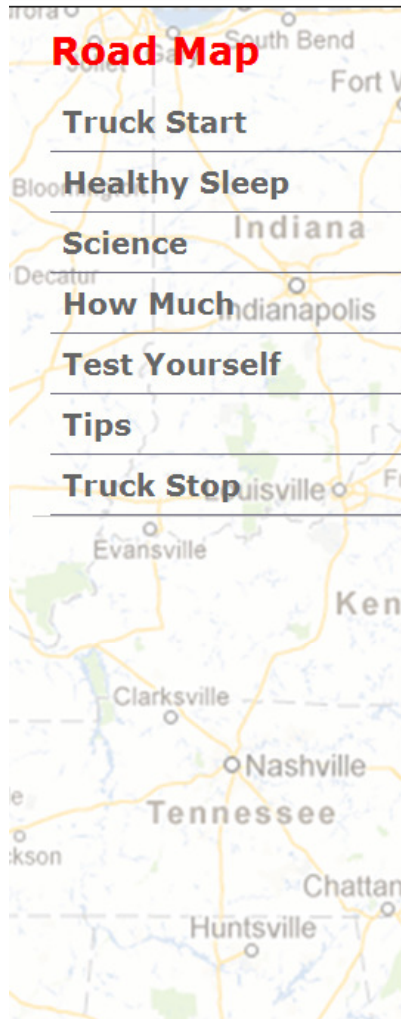
Many studies with humans show that not getting enough sleep can affect different parts of your immune system. This can lead to a variety of health problems.

For example, a small amount of sleep loss (4 hours) reduced the body's natural cancer-killing cell activity to an average of 72%, compared with a full night's sleep. An 11-year follow-up survey showed that the reduced functioning of these cells was associated with a 1.6 times higher risk of dying from cancer.

Source:

Imai K, Matsuyama S, Miyake S, Suga K, Nakachi K. 2000. Natural cytotoxic activity of peripheral-blood lymphocytes and cancer incidence: an 11-year follow-up study of a general population. *Lancet* 356(9244): 1795-1799.

Irwin MR, Mascovich A, Gillin JC, Willoughby R, Pike J, Smith TL. 1994. Partial sleep deprivation reduces natural killer cell activity in humans. *Psychosomatic Medicine* 56(6): 493-498.



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Why Good Sleep Keeps You a Healthy Driver

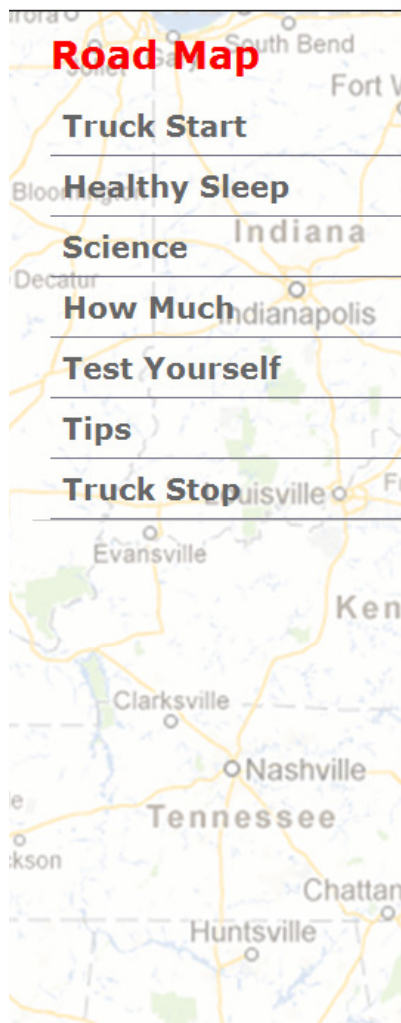
In another study, a 4-hour sleep loss led to a higher response of cells to inflammation, which can play an important role in the development of heart disease.

Source:

Irwin MR, Wang M, Campomayor CO, Collado-Hidalgo A, Cole S. 2006. Sleep deprivation and activation of morning levels of cellular and genomic markers of inflammation. Archives of Internal Medicine 166 (16):1756-1762.

For more information on the science of sleep and health, check out:

Sleep researchers examine consequences of sleep deprivation
<http://www.cbsnews.com/stories/2008/03/14/60minutes/main3939721.shtml>



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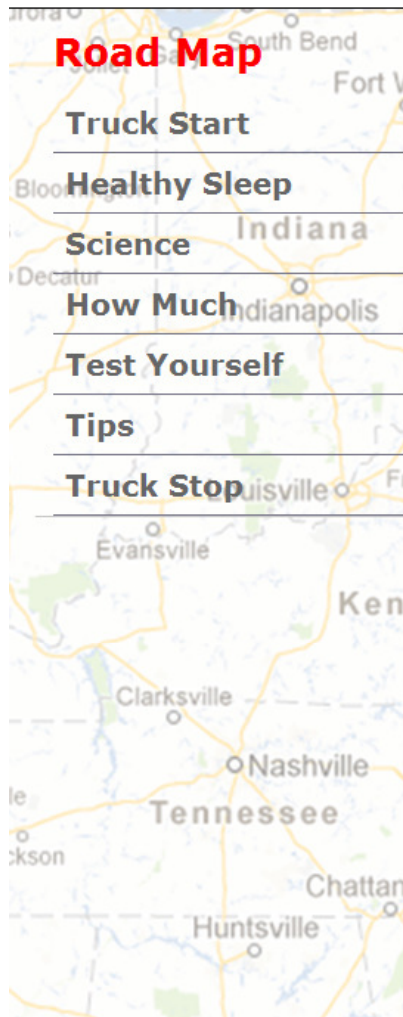
How much sleep do you need? And how do you get it?

Most adults need 7 to 9 hours of good quality sleep every 24 hours. Good quality means sleeping without frequently waking and preferably at night, when your body's natural rhythm is geared to sleeping.

Exactly how much sleep **you** need depends on lots of things, such as physical activity, time spent awake, and your genetics.

Do you wake up feeling refreshed and ready to go? Then it's a good bet you are sleeping enough.





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Some people get very sleepy just a few hours after waking.

Want to check your general level of sleepiness?

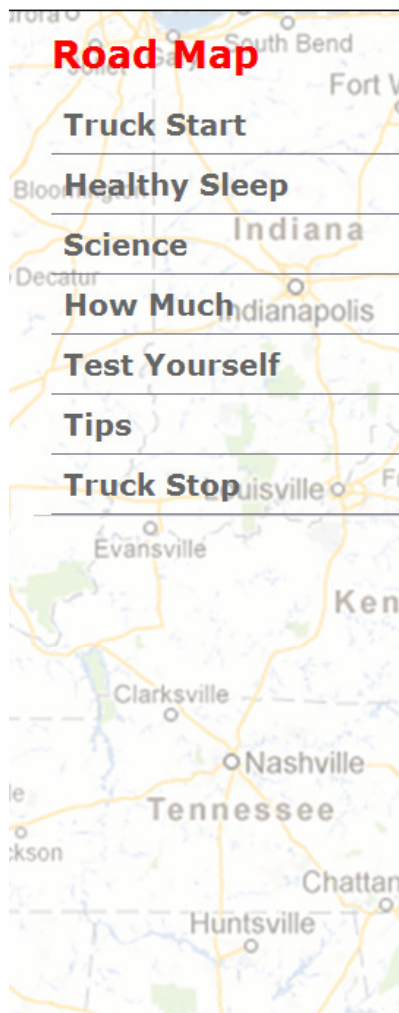
Use the **Epworth Sleepiness Scale** on the next page. This is a self-test that measures your usual level of sleepiness.

Answer how likely you are to nod off or fall asleep (not just feel tired) in the following situations. This refers to your usual way of life in recent times. Even if you haven't done some of these things recently, think about how they would have affected you. Answer each question carefully, choosing the most appropriate number for each situation.

Source:

Johns MW. 1993. Daytime sleepiness, snoring, and obstructive sleep apnea: the Epworth Sleepiness Scale. Chest 103:30-36.





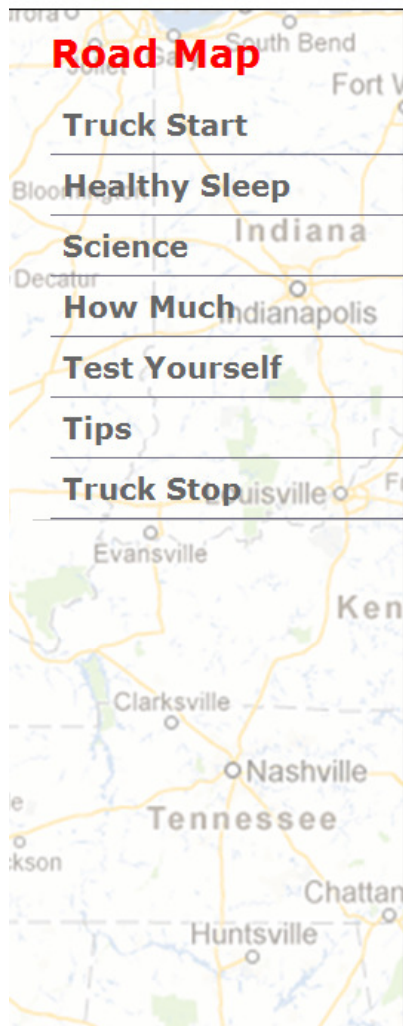
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The Epworth Sleepiness Scale

Use the following scale to choose the most appropriate number for each situation then click on the button below to determine your score. A score of 10 or greater raises concern: you may need to get more sleep, improve your sleep practices, or seek medical attention to determine why you are sleepy.

Epworth Sleepiness Scale	Would never nod off 0	Slight chance of nodding off 1	Moderate chance of nodding off 2	High chance of nodding off 3
Sitting and reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting, inactive , in a public place (e.g., in a meeting, theater, or dinner event)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As a passenger in a car for an hour or more without stopping for a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lying down to rest when circumstances permit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting and talking to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sitting quietly after a meal without alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In a car, while stopped for a few minutes in traffic or at a light	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[Check Your Score](#)



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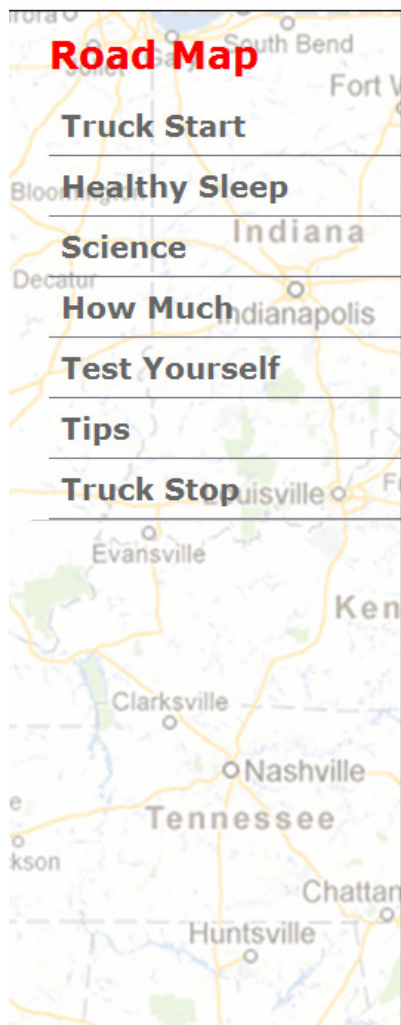
Tips to Get Better Sleep

Your 24/7 job keeps you on the road for long periods and at night. That makes getting good sleep difficult. A relaxing bedtime routine and a good sleep environment can improve your sleep.

Where You Sleep Matters

Night time isn't "dark" anymore! A good sleep environment improves sleep quality.





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Tips for a Good Sleep Environment

Block out all unwanted light

- Close all curtains and shades

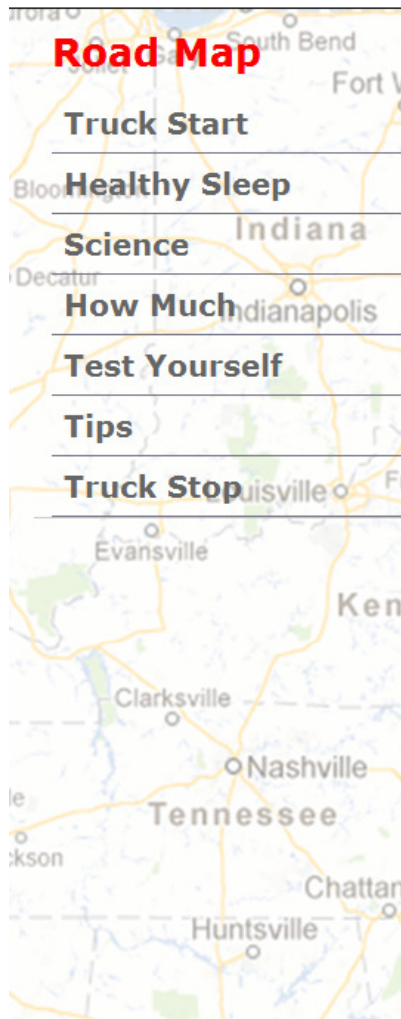
Block out noise

- Use ear plugs
- Use "white noise" from a fan
- Turn off your phone

Get comfortable

- Keep your sleeping temperature cool but cozy
- Use a comfortable mattress and pillow (since you will spend one-third of your life in bed!)





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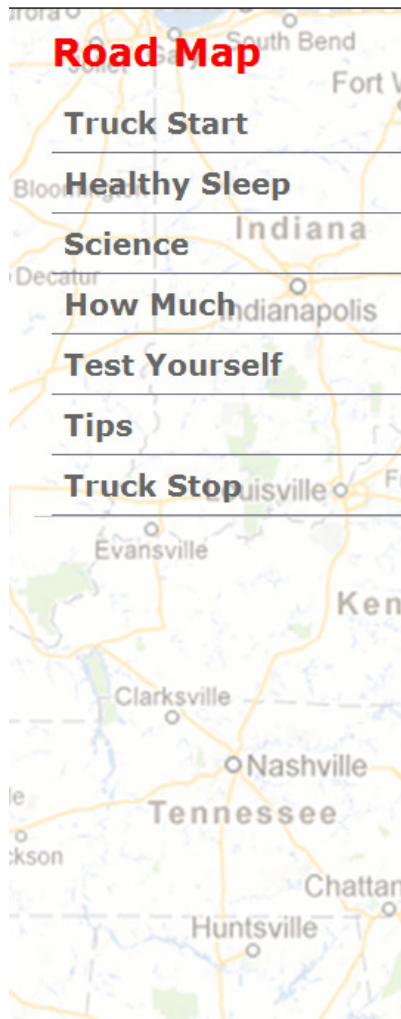
Getting sufficient and regular sleep will help you fall asleep faster and sleep better in the future

Avoid before bedtime:

- Heavy or spicy meals (2-3 hours before)
- Liquids (to avoid getting up to use the bathroom), especially alcohol, which causes sleep disturbances
- Caffeine (according to your own sensitivity)
- Nicotine and other stimulants
- Exercising (3 hours before), which causes a naturally alerting response that can keep you awake
- Exposure to light from television and electronics (studies show their light can influence your internal body clock)

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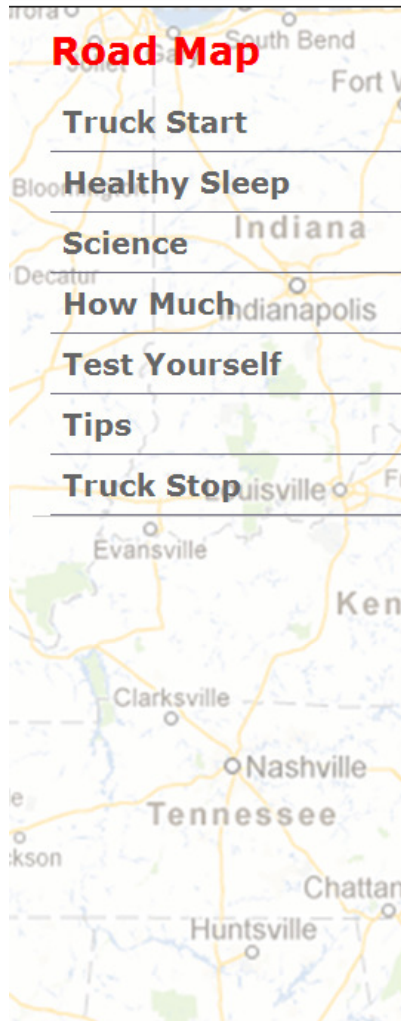
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CAUTION!

Most crashes or near-misses occur from

- 12:00 to 2:00 a.m.**
- 4:00 to 6:00 a.m.**
- 2:00 to 4:00 p.m.**

Be careful when driving at these times!



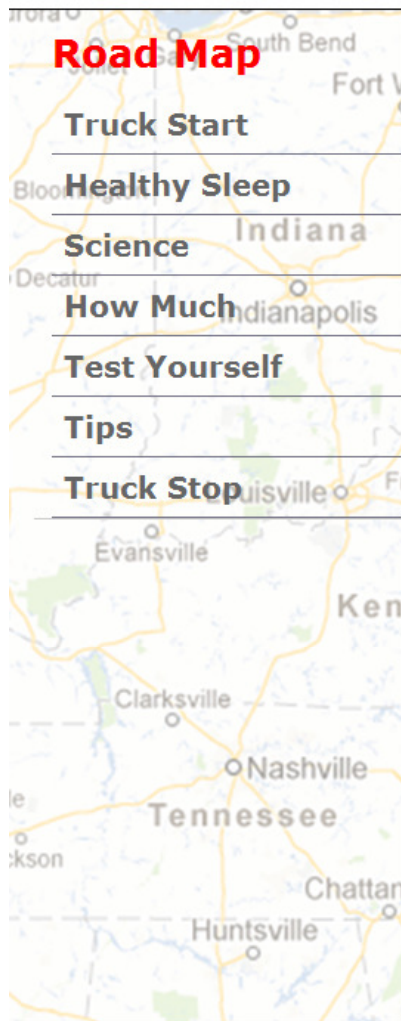
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Your Bedtime Routine

Try the following:

- Explain to family, friends, dispatchers, and shippers the importance of sleep to your health. Ask them not to disturb you. Hey, it might work!
- Follow a relaxing routine within an hour or more of bedtime. This signals your brain that it is time to sleep.
- Brush your teeth, wash your face, and get into comfortable bedclothes. This will help you relax and fall asleep.





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Healthy Sleep for Truckers!

We hope you will make sleep a priority.

For more information on healthy sleep, visit these helpful resources:

<http://www.cdc.gov/niosh/topics/workschedules>

<http://www.cdc.gov/sleep>

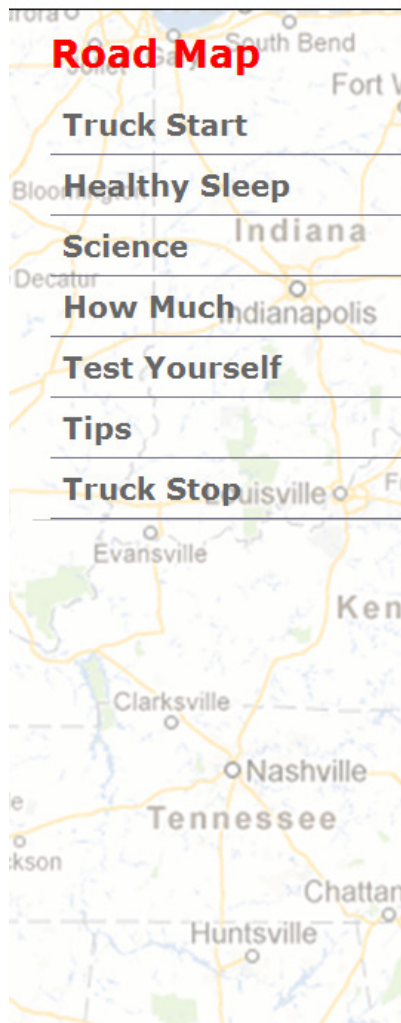
<http://www.sleepfoundation.org/>

<http://drowsydriving.org/>

http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf

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Healthy Sleep for Truckers!

To obtain information about other occupational safety and health topics, contact NIOSH at:

Telephone: 1-800-CDC-INFO (1-800-232-4636)

E-mail: cdcinfo@cdc.gov

or visit the NIOSH Web site:

<http://www.cdc.gov/niosh>

For a monthly update on news at NIOSH, subscribe to NIOSH eNews by visiting:

www.cdc.gov/niosh/eNews

Tell us what you think about this site, so that we can improve and bring you what you want. Click the link below or **next** to take a brief survey. Your opinion counts! Thank you.

[Click here to take the truck driver survey](#)

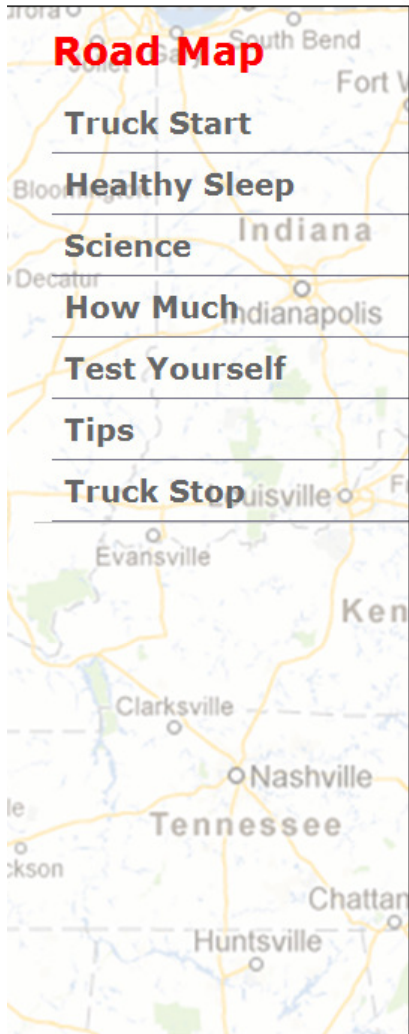
For specific answers to your sleep questions visit our blog:

<http://blogs.cdc.gov/niosh-science-blog/2012/03/sleep/>

Or, feel free to contact a NIOSH sleep researcher at nioshsleep@cdc.gov

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Truck driver opinion survey

1a. Gender

- Male
- Female

2a. In which of the following categories does your age fall?

- Under 18 years of age
- 18-24 years of age
- 25-34 years of age
- 35-44 years of age
- 45-54 years of age
- 55-64 years of age
- 65-74 years of age
- 75 years of age or older

Please rate the extent to which you agree or disagree with each statement.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
26e. Overall, I liked this website.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29e. This website was easy to read.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30e. I learned something new by visiting this website.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33e. This website was easy to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39e. I trust the information in this website.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

41e. I will do what this website suggests.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20f. I plan on looking into sleep health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32f. Whether or not people do something about sleep health is important to my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47f. I think that sleep health is a critical issue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52f. Visiting this website is a good start to improving sleep health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Submit Survey

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