

● ● ● 2026  
H A L T zzz

FEELING  
TIRED?

BETTER **SLEEP** : BETTER **SAFETY**

IF YOU ARE HUNGRY OR THIRSTY, ANGRY, ANXIOUS, LATE, LONELY OR TIRED, REMEMBER...  
SELF-CARE IMPROVES OUR PATIENT CARE

## SLEEP FACTS

- SLEEP DEPRIVATION CAN MAKE YOU 1.5 TIMES MORE LIKELY TO MAKE A RISKY DECISION.
- SOMEONE WHO IS 24 HOURS SLEEP DEPRIVED IS AS DANGEROUS ON THE ROADS AS SOMEONE WHO IS JUST OVER THE DRINK DRIVING LIMIT.
- PEOPLE WHO ARE SLEEP DEPRIVED ARE AFFECTED BY THREAT-BIAS, WHERE THE AMYGDALA IN THE BRAIN IS OVERACTIVE, AND THE BRAIN IS 'LOOKING FOR THREATS.' THIS CAN MEAN THAT EVEN HELPFUL BEHAVIOUR CAN BE SEEN AS AN ATTACK OR CRITICISM.
- BEING WELL-RESTED CAN MAKE YOU MORE ACCEPTING OF OTHERS' BEHAVIOUR OR MISTAKES, WHILE A POOR NIGHT'S SLEEP CAN MAKE YOU MORE CRITICAL AND JUDGMENTAL.
- IT'S NOT JUST OUR TOLERANCE OF OTHERS THAT IS AFFECTED BY LACK OF SLEEP. LACK OF SLEEP CAN ALSO MAKE OUR INNER CRITIC LOUDER AS WE JUDGE OURSELVES MORE HARSHLY.
- A SINGLE TEAM MEMBER'S POOR SLEEP CAN AFFECT OTHERS IN THE TEAM BECAUSE THEY ARE LESS WILLING TO OFFER HELP, LESS ABLE TO RECEIVE FEEDBACK, AND MORE SENSITIVE TO CRITICISM.

## SLEEP TIPS

- SLEEP IS ONE OF THE FEW THINGS THAT CANNOT BE IMPROVED BY TRYING HARDER. INSTEAD, TRY TO REMAIN AS STRESS-FREE AS POSSIBLE. AND CHANGE ONE THING AT A TIME TO SEE WHAT WORKS FOR YOU.
- GIVE YOURSELF PLENTY OF TIME TO WIND DOWN BEFORE YOUR IDEAL SLEEP TIME TO TAKE THE PRESSURE OFF. AVOID SCREENS AND ANYTHING TOO STIMULATING AND DO SOMETHING RELAXING THAT STILL USES YOUR BRAIN.
- HAVING YOUR PET SLEEP IN YOUR BED WITH YOU MAY CAUSE SLEEP DISTURBANCES FOR YOU AND/OR THEM. HOWEVER, IF YOU BOTH SLEEP WELL, SHARING A BED WITH YOUR PET MIGHT HELP YOUR SLEEP HEALTH.
- IF YOU STRUGGLE WITH SLEEP, 'PINK NOISE' (WHICH MIMICS A HEARTBEAT, RAIN, WIND, ETC) CAN HELP WITH RELAXATION AND MAY BE MORE EFFECTIVE THAN WHITE NOISE.
- 10% OF MEN AND 20% OF WOMEN ARE ESTIMATED TO BE DEFICIENT IN MAGNESIUM, WHICH HAS HUNDREDS OF FUNCTIONS WITHIN THE BODY, INCLUDING HELPING US ACCESS 'DEEP SLEEP.' IF YOU THINK YOU MAY BE DEFICIENT, CONSIDER EATING MAGNESIUM-RICH FOODS OR TAKING A SUPPLEMENT.



● ● ● 2026  
H A L T zzzZ

COULD IT BE  
FATIGUE?

BETTER **SLEEP** : BETTER **SAFETY**

MAINTAINING GOOD TEAM DYNAMICS CAN BE CHALLENGING WHEN MEMBERS OF THE TEAM ARE  
SUFFERING FROM POOR SLEEP...  
HERE'S HOW EVERYONE IN THE TEAM CAN HELP...

### IF YOU ARE A LEADER:

- ENCOURAGE EARLY REPORTING OF FATIGUE WITHIN YOUR TEAM TO REDUCE PATIENT SAFETY RISKS AND PROTECT TEAM DYNAMICS.
- SUPPORT INTERVENTION WHEN FATIGUE IS REPORTED AS A CONCERN - EVEN A 15-MINUTE NAP (OR REST IN A CALM ENVIRONMENT) CAN MAKE A DIFFERENCE.
- AVOID BEING DISMISSIVE WHEN FATIGUE IS REPORTED. IF TEAM MEMBERS DO NOT FEEL THAT LEADERS WILL RESPOND POSITIVELY TO THEM REPORTING FEELING FATIGUED, THEY ARE LESS LIKELY TO REPORT IT, WHICH COULD LEAD TO SAFETY INCIDENTS.
- LEAD BY EXAMPLE AND WORK TO CREATE A CULTURE WHERE ACKNOWLEDGING AND ACTING ON PHYSIOLOGICAL NEEDS IS THE NORM.

### IF YOU ARE A TEAM MEMBER:

- BE OPEN IF YOU ARE SLEEPING POORLY OR THINK SLEEP DEPRIVATION COULD BE AFFECTING YOUR WORK INTERACTIONS OR YOUR ABILITY TO WORK OR DRIVE.
- TRY TO PAUSE BEFORE REACTING TO OR RESPONDING TO OTHERS AND CONSIDER HOW YOU ARE FEELING. DID YOU SLEEP WELL? COULD LACK OF SLEEP BE AFFECTING YOUR PERCEPTION OR JUDGMENT? ACKNOWLEDGING THIS CAN HELP IMPROVE TEAM DYNAMICS.
- RECOGNISE POSSIBLE SIGNS OF POOR SLEEP IN OTHERS, AND GIVE THEM GRACE OR OFFER SUPPORT WHEN YOU CAN.
- REMEMBER, IT'S BIOLOGY. THERE'S A DIFFERENCE BETWEEN A 'BAD PERSON' AND A 'BAD DAY.' WHAT MIGHT SEEM LIKE SOMEONE BEING GRUMPY, TETCHY, OR UNPLEASANT COULD BE THE EFFECT OF A POOR NIGHT'S SLEEP ON THEIR BRAIN.



DR LAUREN DAVIS BVCS MRCVS  
VETERINARY SLEEP EXPERT AND  
OWNER AND FOUNDER OF  
VETRELIEVE LTD

