



**BJA**  
Bureau of Justice Assistance  
U.S. Department of Justice

# Got a Minute?



## Are you feeling tired?

When was the last time you got a good night's sleep?

Do you find yourself trying to "catch up" on your sleep on your days off?

Is your job impacting your sleep schedule?



## Data

**Sleep is imperative.** It helps restore us, both physically and mentally. When you do not get enough sleep, it is lost—it is gone! It is not something we can make up.

As a law enforcement officer, you could be putting yourself and others at risk when you miss out on adequate, quality sleep.

So, instead of reaching for more caffeine or an energy drink, try cutting down on caffeine and setting a strict bedtime schedule for yourself to make sleep more of a priority.



## Resources

**If you are consistently** struggling to get to sleep, consider talking to your family physician, a family member, or a friend or consulting with your agency's Employee Assistance Program (EAP) for professional assistance.

If you have a sleep condition, your doctor can help.



Agency EAP:

Agency Chaplain:

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Visit [valorforblue.org](http://valorforblue.org) and [safleo.org](http://safleo.org) for additional resources on sleep deprivation.

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