

# The importance of sleep

Bank Workers Charity

1 in 3

of us is affected by poor sleep

Poor sleep can lead to...



Memory problems



Mood changes



Increased errors or accidents



Lower productivity

And it can be caused by...



Stress, anxiety or depression



Work-life balance



Physical health conditions



Poor sleep environment



Zzzzz

But it's not hard to improve your sleep habits...

- Keep regular sleep hours
- Manage your worries
- Create a bedtime routine
- Keep your bedroom quiet, dark and cool
- Stay active
- Learn to relax

**The cost of poor sleep**  
goes beyond feeling tired in the morning

**Improving your sleep habits**

will help the symptoms, but not the underlying causes

**Read our sleep guide**  
which offers support with:



Identifying underlying causes



Practical advice



Establishing healthy sleep habits



[bwcharity.org.uk/sleep](https://bwcharity.org.uk/sleep)

Supporting the banking community past and present

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