



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

While We Have You...



Are you feeling tired?

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

Is your job impacting your sleep schedule?



You could be putting yourself and others at risk when you miss out on adequate, quality sleep.

Try cutting down on caffeine and setting a strict bedtime schedule for yourself to make sleep more of a priority.



If you consistently struggle to get to sleep, consider talking to your family physician or consulting with your agency’s Employee Assistance Program (EAP) for professional assistance.



Agency EAP:

Agency Chaplain:

MANAGED BY
IIR
Institute for Intergovernmental Research

Visit valorforblue.org and safleo.org for additional resources on sleep deprivation.

This project was supported by Grant No. 2018-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice’s Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.