

Why sleep matters in construction



Good sleep is critical for safety, focus, and productivity on a construction site. However, drinking can significantly disrupt your rest, leading to fatigue and potentially dangerous mistakes.

How alcohol disrupts sleep

While alcohol may make you feel sleepy initially, it disrupts your natural sleep cycle. Drinking reduces the time spent in the vital Rapid Eye Movement (REM) stage of sleep, leaving you feeling less refreshed and alert the next day.

Even a couple of drinks can decrease your sleep quality, making mornings on-site harder to handle.

Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's [FREE Drinking Check](#)



The potential effects of lack of sleep

Impact on mental state: several sleepless nights impact concentration, decision-making and mood.



Hangover hazards: if you've had too much to drink, you might also experience headaches, irritability, or dehydration which can put you and your colleagues at greater risk of accidents.

Sleep apnoea: alcohol relaxes muscles in your throat, which can worsen snoring and potentially lead to sleep apnoea, a serious condition where breathing repeatedly stops and starts during sleep. Untreated sleep apnoea can result in high blood pressure, increased risk of stroke, and chronic fatigue. All of these affect your ability to work safely.

Tips for better sleep

Avoid alcohol before bed: give your body time to process alcohol to avoid sleep disruptions.

Stay hydrated: if you decide to drink, alternate with water to reduce dehydration.

Aim for drink-free days each week: these can improve your sleep and energy levels. Better sleep leads to better days on-site.