

Sleep Changes Your World PSA (:30)

[Young Child] When I go to sleep, the whole world changes.

[Narrator] Kids have funny ideas about sleep—and so do some of us.

[Truck Driver 1] I don't get paid to sleep.

[Truck Driver 2] Sleep is a luxury I can't afford.

[Narrator] Sleep can change your world. It's as important as proper nutrition and exercise. During sleep, our bodies repair wear and tear and get us in shape for a new day. For information that truck drivers and companies can use to promote better sleep and reduce fatigue, visit www.healthysleepfortruckers.org.

A message from CDC.