How to make fewer mistakes at work

Do you want to be your best at your job and avoid mistakes? There's a healthy and simple way to do this: *GET ENOUGH SLEEP*.

The National Sleep Foundation (NSF) says almost half of Americans said poor quality sleep affected their lives in the past seven days. And, many people report getting poor sleep on a regular basis.

This poor sleep adds up to poor job performance, says the NSF. In one poll, up to a third of people admitted to falling asleep or feeling very sleepy at work in the last month. This can lead to minor errors, such as a typo in a letter to major mistakes that affect your career.

When your body isn't rested, it affects your brain and thinking in ways that could hurt your job performance and even hurt others. One study showed that when on-call resident doctors work overnight, they report 300 percent more medical errors that led to death than those who worked a 16-hour shift.

Experts at the NSF say you should get at least seven to eight hours of sleep a night. Try to go to bed and get up at the same time each day, and create a relaxing bedroom environment for sleep. If you have chronic sleep problems, see your doctor for help.