

Sleep - social posts

Our recent industry survey told us that 1 in 2 automotive people are affected by poor sleep. Not only that, the survey also highlighted that sleep was the most common issue affecting men in our industry. Sleep is a basic human need, much like eating and drinking and is important for our overall health and wellbeing.

We've put together tips and advice to help everyone have the best chance of getting those all important forty winks. Help us spread awareness with those who may be struggling to get quality sleep.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

With 1 in 2 automotive people affected by poor sleep, **@BenSupport4Auto** has put together some tips, advice and tools to help you get quality sleep.

See how you can get a better forty winks 🙌 <https://bit.ly/33JX7hU>

Facebook:

In Ben's recent health and wellbeing survey, they found that 1 in 2 automotive people have been affected by poor sleep.

To help **@Ben - Support for Life** has put together some tips, advice and tools to help us all get some quality sleep. See how you can get a better forty winks 🙌 <https://bit.ly/3JWZfZw>

If you're struggling with sleep, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

LinkedIn:

In Ben's recent health and wellbeing survey, they found that 1 in 2 automotive people have been affected by poor sleep.

To help **@Ben Automotive Industry Charity** has put together some tips, advice and tools to help us all get some quality sleep. See how you can get a better forty winks 🙌 <https://bit.ly/3JWZFZw>

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Instagram:

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Here are some # that you can add to the end of your posts:

#WorldSleepDay

#Sleep

#SleepTips

#TopTips

#AutomotiveFamily

#Support

#Support4Auto

#Automotive