



Safety Bulletin

National Sleep Awareness Week 2024

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Approved By: Kalvyn W. Smith, Fire Rescue Chief

This Safety Bulletin is to make you aware that the IAFF will be highlighting the National Sleep Awareness Week which will kick off on March 10th-16th, 2024. Join behavioral health staff, in collaboration with the IAFF Center of Excellence, for a two-part webinar series to explore the unique challenges around sleep in the fire service, share valuable resources, and explore practical solutions.

FCFRS is committed to protecting the health and safety of our brothers and sisters, on and off the job. Research has increasingly shown that the impact of chronic sleep deprivation and irregular sleep patterns are linked to leading causes of fire fighter deaths. It has been estimated that nearly 40% of fire service members suffer from a sleep disorder.

Registration for this two-part webinar is free but required:

- March 13: [Sounding the Alarm Clock on Sleep Deprivation in the Fire Service](#)
- March 28: [Getting Serious About Sleep: Challenges and Opportunities for Today's Fire Fighter](#)

Questions regarding this safety bulletin should be directed to Captain Matthew Shields.