

GAS OIL & MINING CONTRACTOR

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Well-Rested Employees Benefit a Company's Bottom Line Infographic shows sleep and exercise are the keys to a productive workforce

Target Logistics, a global provider of workforce housing and one of the largest operators of turnkey solutions in North America, released an infographic titled "Sleep & Exercise: The Key to a Productive Workforce." The document describes the return on investment of a well-rested, healthy and nutritiously fed employee.

"Companies that invest in an optimal sleep environment for their workers realize benefits that include greater productivity, increased safety and fewer sick days," said Target Logistics President and COO Brad Archer. "Our commitment to providing optimal sleep environments is evidenced by our trademarked Hibernator Sleep System.

"This system includes a bed with a solid wood base, pillow-top mattress, overstuffed pillows, poly-filled comforter and high-thread-count sheets and pillowcases. Individual climate controls, black-out drapes and quiet-only areas all contribute to this system."

More information about the connection between proper sleep and productivity can be found in the white paper, "Optimizing Sleep for an Optimal Workforce in the Oil, Gas and Mining Industries."

Target Logistics operates 16 properties in the United States and Canada with more than 5,500 total beds.

Download the free infographic at www.targetlogistics.net/sleep-and-exercise-infographic.php.

