

# Solid and Hazardous Waste Management

# Health and Wellbeing: sleep and food

- ▶ Most of all I care about your health as humans, but wellness also impacts our ability to design engineering solutions.
- ▶ Prioritize sleep
  - ▶ Sleep impacts ability and performance (including engineering problem solving)
  - ▶ Screens, caffeine, and alcohol (especially drinks before bed) harm sleep
- ▶ Prioritize eating well
  - ▶ If access to food is a challenge for you, please let me know