Due to dangerous effects of sleep deprivation in occupational settings, which is known to have major health and safety risks inside and outside of the work setting. Research was collected by using internet resources such as the WASM website, CDC website, online journals, and cross-sectional surveys. These research methods help prove that maintaining a constant amount of sleep reduces the risks of injuries on the job and vascular complications such as hypertension, heart disease and stroke while also weakening the immune system. With lack of sleep you are exposed to these diseases and conditions like depression and diabetes and more. The purpose of this study is to educate individuals of on their sleep habits to prevent occupational injuries in the work place, reduce health complications and provide them with prevention methods to ensure a better lifestyle.