

# OIL & GAS FINANCIAL JOURNAL®

## Target Logistics releases white paper on importance of sleep

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Target Logistics, a provider of turnkey workforce housing in North America, has released a white paper titled “Optimizing Sleep for an Optimal Workforce in the Oil, Gas and Mining Industries” by Nancy H. Rothstein.

“Sleep is as essential as oxygen or food to live,” Rothstein writes. “In the often-challenging environments of remote worksites in the oil, gas and mining industries, providing workers with first-rate living and sleeping accommodations is essential to optimize job performance, enhance mental acuity and prevent injuries.”

Rothstein lectures, consults and educates about sleep wellness to Fortune 500 corporations, institutions, organizations, universities, schools and the public.

“Oil, gas and mining companies that invest in a high quality sleep environment for their workers realize benefits that include greater productivity, increased safety and fewer sick days,” says Target Logistics Founder and CEO Brian Lash. “We’ve long been committed to this, which is evidenced by the development of our own trademarked Hibernator Sleep System®. This includes a bed with a solid wood base, pillow-top mattress, overstuffed pillows, poly-filled comforter and high-thread-count sheets and pillowcases.”

Target Logistics currently operates 17 properties in the United States, Mexico and Australia housing some 5,400 oil, gas and mining workers.

Target Logistics, an Algeco Scotsman company, operates in some of the world’s most remote environments supporting oil, gas and mining operations, government agencies, disaster relief and large-scale events with temporary workforce lodging, mobile crew camps and extended-stay hotels. The company has administrative headquarters in Boston; operational headquarters in The Woodlands, TX; and offices in Williston, ND; Denver, CO; Edmonton, AB; and Sydney, AU.