

Fatigue is more than just tiredness

Fatigue is mental or physical exhaustion that prevents you from functioning normally.

Lack of time asleep or not enough quality sleep are the two most common causes.

Fatigue develops over time. It is a message to rest. If the person is able to rest, it's not a problem.



FATIGUE AWARENESS

Fatigue is everyone's problem. Even if YOU get enough rest, under-rested people can threaten your workplace, roadways, and relationships

Take steps to get and stay healthy:

- Reach and maintain a healthy weight
- Exercise regularly
- Use alcohol responsibly (or not at all)
- Do not smoke or use other harmful drugs
- Keep chronic medical conditions well managed, such as diabetes, heart disease, etc.
- Be realistic about your personal activities – don't over schedule yourself. Can you really squeeze in a second job?

Your body needs 7 to 9 hours of uninterrupted sleep each day.

- Plan your sleep and nap time.
- Reduce interruptions.
- Prepare for the night shift.
- Use caffeine and alcohol in moderation.
- Quit / reduce nicotine intake.

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