

## Fatigue & Sleep



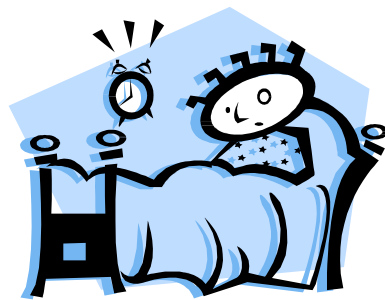
### What is fatigue?

Fatigue is caused by physical or mental exertion OR insufficient sleep that results in a markedly reduced performance or reduced ability to perform a task. Fatigue is a dangerous condition that may have dangerous consequences if people are operating machinery or vehicles.

Fatigue can be split into three types – physical, mental and psychological.

All three types of fatigue produce the same outcomes:

- can't keep eyes open
- difficulty concentrating
- trouble focussing with eyes
- poor hand-eye coordination
- feeling sluggish
- feeling heavy
- irritability
- excessive blinking
- constant yawning
- rubber neck syndrome (nodding off)



### What is sleep?

Sleep is a naturally occurring process that all humans must utilise in order to function normally in everyday life. Sleep helps to maintain our bodies in a continuous cycle, dictated by something called our 'body clock.' Humans have evolved to being used to 24-hour cycles, so it is natural that in this period we have become accustomed to sleeping for a certain length of time.

### Why Sleep?

No one really knows why we sleep. But, there are all kinds of theories, including these:

- Sleep gives the body a chance to repair muscles and tissues, replace aging or dead cells, etc.
- Sleep gives the brain a chance to organize and archive memories and events.
- Sleep lowers our energy consumption, so we need three meals a day rather than four or five. Since we can't do anything in the dark anyway, we might as well "turn off" and save the energy.

Sleep appears necessary for our nervous systems to work properly. Too little sleep leaves us drowsy and unable to concentrate the next day. It also leads to impaired memory and physical performance and reduced ability for simple tasks. If sleep deprivation

There are two naturally occurring low-points in our 24-hour cycle, where fatigue is inevitable but may not affect everyone in the same fashion.

1. Between midnight and 6a.m. and:



### • BEATING FATIGUE

- Increase your intake of fresh fruit and vegetables, whole grain foods and legumes, lean meats, poultry, fish and low-fat dairy products.
- Reduce your intake of caffeine, guarana, alcohol and other stimulants and depressants.
- Avoiding foods that hold little nutritional value, such as sugary and fatty foods.
- Increasing your physical activity (30 mins of mod per day)
- Improve your time management skills to work smarter, not harder.
- Reducing negative effects of stress by learning to say no, making more time for relaxing, sleeping, exercising and having fun.
- Accepting more help when you need it.

