



# How would YOU handle it?

## Day 5

## Fatigue

Fatigue is the state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety. Boring or repetitive tasks can intensify feelings of fatigue. Fatigue can be described as either acute or chronic. Fatigue can pose hazards on and off the job as it can reduce mental and physical functioning, impair judgement and concentration, lower motivation, slow your reaction time and increase risk-taking behavior.

Signs and Symptoms: Tiredness, Sleepiness, including falling asleep against your will ("micro" sleeps), Memory lapses, Irritability, Difficulty concentrating, Slower reaction times, Headaches, Digestive problems.

Tips for Improving Your Sleep Hygiene:

- Go to bed and get up at the same time every day.
- Exercise regularly.
- Eat at regular intervals and consume a balanced diet of fruits, vegetables, whole grains, healthy fats and protein.
- Use your bed primarily just for sleeping (e.g., do not watch television, read or do work in bed).
- If you are not sleepy, do not try to go to bed. Get up and read or do something quiet instead.
- Avoid caffeine, tobacco or alcohol - especially before bed time.
- Turn off the telephone ringer and answering machine speaker.
- Ask family members to be respectful if one person is sleeping. Family members can use headphones for the TV and radio if necessary.
- Make the room as dark and quiet as possible. Use heavy, dark curtains, blinds, or a sleeping eye mask. Soundproof the room where possible or use ear plugs.
- Most people sleep better when the room is cool. Consider using an air conditioner or fan in the summer months.

**WorkplaceNL**

Health | Safety | Compensation