

FATIGUE MANAGEMENT STRATEGIES



Working outside regular daytime hours and across different time zones introduces a risk of fatigue. Practical strategies can be applied to manage the impact of fatigue and support fitness for duty.

Napping



Take naps whenever you can. Lack of sleep results in lower performance, more mistakes, and negative impacts on both physical and mental health.

Wind-down



To improve your sleep quality, engage in calming activities before bedtime. This signals to your brain to wind down. Read a book, lower the lights, or practice meditation.

Light Exposure



Before bedtime, steer clear of bright lights, as they signal your brain to remain alert. Light emitted from screens tends to be more stimulating than other types of light.

Exercise



Exercise regularly. Aim for 30 minutes of moderate activity 3 to 4 times a week. Avoid intense exercise within 2 hours before bedtime to ensure better sleep quality.

Nutrition



Before bedtime, steer clear of caffeine for several hours. It can disrupt your sleep for up to five hours. Additionally, opt for small, easily digestible meals before retiring for the night.

Hydration



Enhance your focus and performance by staying well-hydrated. Drink water during the day to prevent dehydration. Include a large glass of water with each meal.

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Resources