

Fatigue Management Solutions



Fatigue is a serious issue for commercial transport drivers, leading to mental and physical exhaustion and often relating to undiagnosed sleep disorders. AutoSense offers a range of solutions to address fatigue and sleep issues, helping your team stay healthy and fit to drive.



Katrina Aubrey

Clinical Sleep and Respiratory Physiologist Technician
Fatigue and Sleep Health Consultant

Katrina Aubrey is a registered clinical sleep and respiratory physiologist technician with over 23 years of extensive experience in various medical and surgical health fields. She is deeply passionate about the field of sleep science and its pivotal role in managing fatigue.

Her focus lies in collaborating with 24/7 operational companies and those prioritising fatigue risk management under the Health and Safety at Work Act 2015 (HSWA).

She is also passionate about raising educational awareness within New Zealand's transport industry and aiding in the treatment of sleep disorders to improve quality of life and ensure employees are fit for work.

Sleep and Fatigue Management Seminar: Alert at Work

This interactive 90-minute workshop, tailored to your business needs, provides drivers with a comprehensive understanding of fatigue and how to manage it. Topics include:

- The difference between fatigue and sleepiness
- Causes, signs, and symptoms of fatigue
- The importance of sleep and the dangers of microsleeps
- Sleep disorders and their impact on the 24/7 workforce
- Practical solutions for managing fatigue, including sleep hygiene, exercise, and nutrition

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AutoSense
DRIVING SAFETY



Concerned about sleep disorders? We offer comprehensive sleep testing, diagnosis, and treatment solutions.

1

Sleep Testing

Our disposable home sleep test quickly assesses your sleep health, identifying potential sleep apnea.

How it works

- **Simple overnight home-based test**
- Measures blood oxygen levels, nasal airflow, and breathing patterns
- Identifies sleep issues and those needing CPAP treatment
- Provides personalised treatment plan

2

Sleep disorder and fatigue assessment

Our sleep assessment evaluates sleep patterns, quality, and fatigue levels. We identify sleep problems, determine causes, and recommend solutions for better sleep and well-being.

How it works

- **One-hour phone or online consultation**
- Evaluates sleep patterns, quality, and quantity
- Assesses fatigue levels and impacts
- Identifies potential sleep disorders and causes
- Takes into account lifestyle, medical history and sleep environment
- Provides personalised recommendations for improved sleep and well-being

3

CPAP treatment and reporting

Obstructive Sleep Apnea (OSA) is a common sleep disorder where your breathing repeatedly stops and starts during sleep. We offer a comprehensive treatment plan, including screening, assessment, diagnosis, and tailored treatment plans. Partnering with NZ Sleep, we provide a compliance report and recommendations at the end of the 4-week trial.

How it works

- **Four week trial**
- A CPAP machine is provided to the employee
- Employee education on trial and CPAP use
- daily compliance monitoring reviewed by our sleep expert
- Compliance report and personalised programme delivered to employee and business at completion

4

Pre-employment sleep apnea screening

Our pre-employment sleep apnea screening assessment, is used to gauge an individual's risk of having obstructive sleep apnea (OSA).

How it works

- **One-hour phone or online consultation**
- Assesses your risk of (OSA)
- Uses a survey to identify potential OSA symptoms
- Determines the likelihood of moderate to severe sleep apnea

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