

# Fatigue

## The Silent Killer



**Fatigue can  
sneak up on you!**

Most people often can't assess their own fatigue levels accurately and are unaware of how their performance is downgrading.

## Signs of Fatigue Check List

- Frequently yawning
- Struggling to keep your eyes open
- Head nodding (head hitting your chest or backrest)
- Difficulty maintaining speed
- Drifting in and out of your lane
- Making poor gear changes
- Making more mistakes (e.g. under turning, nicking curbs, etc)
- Daydreaming (e.g. no recollection of the last 10kms)
- Slower reaction time

## What you can do



### Get a good night's sleep

More than six hours sleep a night is recommended for most people to function at their mental and physical best.



### Maintain a healthy diet

Shop for and choose healthier alternatives, e.g. bringing food from home. Eat smaller proportions more often. Try snacks like almonds and apples.



### Regular exercise

Keeping a healthy weight, getting the blood flowing and keeping fit will help you sleep better, increase alertness and energy.



### Take frequent breaks

Use breaks to stretch, go for a short walk, get some fresh air, and/or get change of scenery.



### Take a pre-drive/mid-drive nap

If you didn't sleep enough or feel fatigued, make time for a short power nap. Nasa recommend 26 minute power naps\*, or even quietly resting your eyes can do the trick!



### Limit Caffeine

Caffeine drinks can be helpful - in moderation. However, it can lead to a "caffeine crash" or becoming more tired than before consuming the caffeinated beverage. Use sparingly.



### Stay hydrated

Drowsiness and headaches can be a result of dehydration. Water has natural properties that will help you feel awake. So, drink water throughout your trip.



### Adjust your environment

There are several things you can do within the cab to combat fatigue. These can include keeping the temperature cool, listening to talk radio instead of music, placing the seat in a new position, rolling the windows down for fresh air.



### Get regular check-ups

More drivers than average people have weight, heart, cholesterol, diabetes, sleep disorders, or mental health issues. Regular check-ups will help you keep your body/mind in top shape.

\*[www.science.gov](http://www.science.gov)