Driver Fatigue

Interruptions to sleep are an inevitable part of the job. You need to recognize when fatigue has impaired you or a co-worker. Control the things you can control within your life to reduce the development of fatigue.

**SIGNS**

Changes in mood
Failure to complete routines
Increased reaction time
Degraded attention and vigilance
Increased distractibility and confusion
Decreased motivation

**PREVENTION**

- Set a routine for sleep to maintain a rhythm for your body—go to bed and get up at the same time every day
- Remove distractions from your sleep environment such as phones or computers (sorry, Motorola has to stay!)
- Create a comfortable and clean sleep environment
- Avoid heavy foods, alcohol, and caffeine before bed
- Allow about 3 hours between exercise and bed time to let your body cool down

“Safety” Naps

Not a substitute for nighttime sleep
Short naps improve mood, alertness, and performance
Limit to 20 to 30 minutes
Longer than 45 minutes can be counterproductive—grogginess