



Fatigue and How it Affects You

Welcome to this week's discussion

The focus this week is Fatigue and how it can affect you

What is fatigue?

Fatigue is defined as an acute and/or ongoing state of tiredness that leads to mental or physical exhaustion and prevents people from functioning within normal boundaries.

What are the health risks associated with fatigue?

- Higher risk of being involved in/causing an accident
- Higher levels of anxiety and depression
- Impaired cognitive function and memory
- Higher rate of high blood pressure and heart disease
- Higher risk of diabetes
- Increased risk of breast cancer
- Higher risk of stroke
- Greater appetite for unhealthy food cravings
- Greater risk of chronic sleep disorders such as insomnia, sleep apnoea, narcolepsy

Why do we sleep?

Science has shown that sleep is the most important contributor to our physical and mental wellbeing.

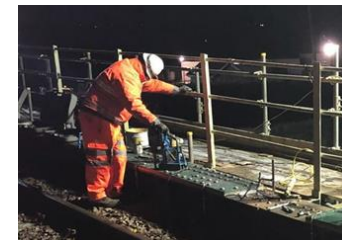
How much sleep do we need?

Just as we all vary in how quickly alcohol affects us and how easily we lose or gain weight, we also differ in the amount of sleep that we need to perform optimally.

According to the NHS, most adults require 6-9 hours sleep; so one person may need 3 hours more sleep than another to feel at their best.

The consequences of sleep loss

Research has shown that for most people even one night of six hours sleep will lead to impaired performance the next day. The more sleep deprived we are the more impaired we become.





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What can help?

Fatigue can have an impact on your ability to work safely in your working environment and stay on top of your work.

It can affect your physical and mental ability, result in impaired judgment and slower reflexes in operating machinery or motor vehicles.

Eat often to beat tiredness

A good way to keep up your energy throughout the day is to eat regular meals and healthy snacks every three to four hours.

Perk up with exercise

Regular exercise will make you feel less tired in the long run and you'll have more energy. Even a single 15 minute walk can give you an energy boost and the benefits increase with more frequent physical activity.

Sleep well

It sounds obvious, but two-thirds of us suffer from sleep problems. Many people don't get the sleep they need to stay alert throughout the day.

What can we do to help?

Discuss with your team what they would consider to be a cause of poor quality of sleep (some examples are social life, family needs, travel time, long time of periods awake, harsh environmental conditions, screen time before bed and mentally or physically demanding work).

