



# TIPS FOR AVOIDING FATIGUE



**1 Sleep baby, sleep**

Aim for at least seven hours each night. If you really think you can manage on less, do an experiment. Sleep for at least seven hours a night for two weeks and compare how you feel and perform.



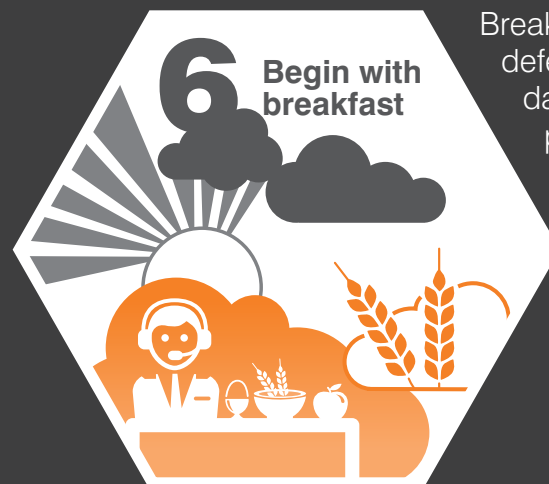
**5 Pigs can't fly**

Your diet can have a significant impact on how you feel. Large meals require energy to digest and a full stomach draws blood away from the brain, leaving you feeling tired. Smaller meals, more often, can avoid this effect.



**2 Plan a power nap**

Napping is better than falling asleep on the job. A 10 to 15-minute nap has been shown to improve alertness for about an hour.



**6 Begin with breakfast**

Breakfast acts as an energy booster that defends against fatigue throughout the day. A healthy breakfast should contain protein (from eggs, meat, or other sources) and complex carbohydrates (as opposed to sugars).



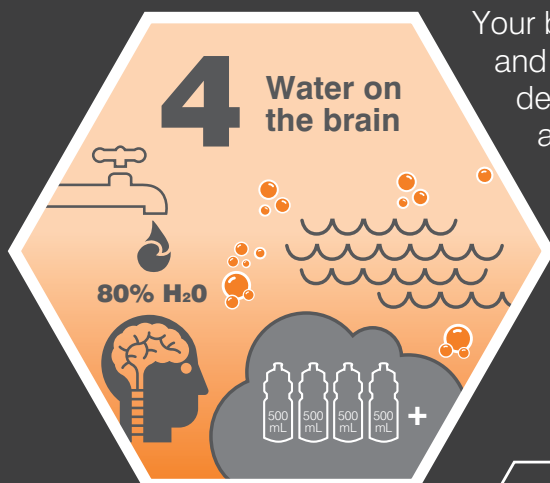
**3 Flex those pecs**

Aerobic exercise increases levels of the neurotransmitters dopamine, noradrenalin and serotonin, all of which are good for mood and energy levels.



**7 Use caffeine strategically**

The caffeine in coffee, soft drinks and tea has been proved to be useful in increasing alertness, reaction speed and thinking ability for up to three hours, but it is not the ultimate solution to fatigue. Too much can cause restlessness and sleeping difficulties. If ingested near the end of the day or shift, caffeine can lead to sleeplessness—which increases fatigue.



**4 Water on the brain**

Your brain is about 80 per cent water—and it doesn't work as well if you become dehydrated. The recommended daily amount is around two litres per day; more if your work is physically demanding, or in hot conditions.



**8 Do it in the dark**

Sleeping in the day is unnatural—our bodies are designed to react to light. Therefore, try to limit your exposure to daylight after a night shift and keep your bedroom as dark and quiet as possible.