

# Managing Fatigue on the Road or at Work - Countermeasures

**Sleep and trip preparation is the best way to avoid being tired on a trip!**

**Napping is one of the most powerful countermeasures to fatigue. Undertaken correctly, it can provide from 1–4 hours of improved performance and get you to the end safely.**



**A 20-minute nap will allow you to get some light sleep and not get into the deep stage of sleep. If you sleep for longer and get into deep sleep, you will feel very tired when you wake up. If you need a longer sleep, then sleep for 1.5 hours. This will give you one whole sleep cycle. You will still feel tired for a little while but will soon start feeling fresher.**

**Napping needs to be done in a safe place and if at work, the supervisor must know where you are. Set an alarm for 20 minutes and get the Supervisor to wake you and check you before returning to work.**

Signs of fatigue	Possible Countermeasure
Wandering thoughts, daydreaming Tired eyes, rubbing eyes, scratchy feeling Restless Itchy in some places	A short break provided here should return you to almost full capabilities. Fresh air, cool water and bright light will also help. Stretches and body movement will benefit you greatly.
Reduced facial tone Quiet Eyelids wanting to close Losing focus of visual field Frequent yawns Inactive Loss of steering corrections Losing speed and not maintaining headway distances Reduced lane tracking	Frequent breaks with cool water, fresh air, bright light and major muscle movement. It may not be enough to avoid further signs of fatigue. May benefit from a 20-minute nap. Should notify supervisor if at work. Should have increased supervision from this point. May need to stop work.
Head jerks / startle response Hallucinations Eye closure Micro-sleep Cannot remember portions of the drive or work	Notify supervisor immediately. A 20-minute nap would be the minimum to bring back to a safe working state. May need to be driven home for further sleep if at work.



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