



HEALTH INFORMATION

Driver Fatigue

Fatigue is the body's response to sleep loss and physical and mental activity. The matter of fatigue not only involves how much you sleep, but also how your body responds to sleep loss. Fatigue is a contributing factor to many road traffic accidents.

Factors Affecting Fatigue

1. Quantity and quality of sleep
2. Physical fitness
3. Proper diet
4. Level of experience in meeting demands on the job
5. Comfort level of vehicle
6. Traffic
7. Time of day as it relates to the natural effects of your Circadian Rhythm
8. Personal motivation
9. Personal worries
10. Stressful situations

Everyone needs different amounts of sleep. Sleep requirements change with age. Younger people need more sleep, older people sleep less at night but may need naps during day.

Tips for when you are not driving

- Physical exercise
- Good nutrition
- Proper amount of quality sleep
- Relaxation
- Have a bedtime routine
- Keep the same schedule on days off
- No alcohol or tobacco before bed

- Ensure you have frequent stops on a long journey
- Do not drive if you feel drowsy

How to recognise fatigue

- Feeling drowsy
- Frequent yawning
- Wandering thoughts and loss of concentration
- Variations in driving speeds
- Slowed response to traffic signs
- Lane drift
- Eye focus shifts in and out
- Tailgating

Signs of a sleep disorder

- Excessive daytime sleepiness
- Long time to fall asleep
- Snoring/gasping
- Tired before sleeping
- Muscle soreness and stiffness upon waking
- Morning headaches

Be aware that fatigue is more of a problem at certain times of day and when nearing the end of a long journey. There is an increased likelihood of falling asleep in the afternoon and in the early hours of the morning.

Inform your manager of any health problems or personal circumstances that could make driving hazardous.

www.medigold-health.com

Provided by Medigold Health Consultancy Ltd. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. No responsibility or liability for any diagnosis made by the reader based on the content of this information sheet is taken. This information does not endorse any commercial product or service mentioned. Always consult your own GP if you're in any way concerned about your health.



MEDIGOLD
HEALTH

05/2018