

Fatigue and Sleep Deprivation

The agony of 3am TV

“The spring in my step is currently experiencing technical difficulties. Any matters requiring concentration will be subject to significant delays.”

Sound familiar? If only we could issue personal notices like this in the real world.

According to most of the research in fatigue management, the first and fundamental step to this problem is getting enough sleep. There simply is no substitute to restoring the body's energy levels. While people vary in their sleep requirements, it is generally regarded that between seven and eight hours will provide the body with the time it needs to restore the nervous system among many other rejuvenating functions.

Conversely, sleep deprivation has been found to have the equivalent impact of a .05% alcohol reading (Canadian Trucking Association). This is naturally a concerning thought for anyone behind the wheel of a car or other forms of machinery. To make matters worse, sleep deprivation has also been linked with a range of illnesses and a shorter life span!

While this all sounds quite gloomy, it does provide many reasons to make some changes if you are being affected in this way. Here are a few steps that will banish your need to watch 3.00am TV and put the glide in your stride!

- Get to bed at the same time with no more than a half hour variation
- A warm shower before bed will generally assist the body to feel more sleepy
- If you find it hard to fall asleep, try visualising a pleasant scene in great detail. The mind will become bored and more susceptible to sleep. If your mind wanders, you are not including enough detail in your visualised image.
- If you wake during the night and worry about your concerns, get out of bed for a while, jot down your concerns and your solutions. If there are no solutions, that is also a useful thing to recognise in itself! This will also help to break the association between being awake and being horizontal.
- Ensure your room is sufficiently dark. This will give your sleep a much deeper quality of restoration.

If the problem persists, it is advisable to discuss the issue with your local doctor. For further advice, remember your Employee Assistance Program.



Converge International is your Employee Assistance Program (EAP) provider. To make an appointment or speak to a consultant:

1300 our eap
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