Fatigue Management

What is Fatigue?

Fatigue is more than just tiredness. It is a state of mental exhaustion that is brought on from prolonged impacts to the body's regular rest patterns. Interrupting the natural circadian rhythm can increase the risk of fatigue.
Fatigue can impact safety, productivity and quality of work, as well as overall health.

Identifying Fatigue Triggers

Understanding the factors that can increase the risk of fatigue can help to prevent fatigue related incidents or safety hazards.

Situational awareness

Make sure you maintain awareness of your environment and situations that can lead to fatigue. Prolonged periods of Activity may tire out the body quickly and increase the risk of mental fatigue. Try and break up these periods of activity with regular breaks to support your energy throughout the day.

Behavioural indicators

Think of some common indicators that you experience when feeling fatigued.

Some more common symptoms of fatigue include:

- Excessive yawning or falling asleep at work
- Short term memory problems
- Inability to concentrate
- Poor interpersonal skills
- Impaired decision making or judgement
- Reduced hand eye coordination
- Slow reflexes
- Feeling drowsy
- Headaches
- Dizziness
- Difficulty concentrating
- Blurred vision
- Extended sleep during days off work

Collaborative monitoring

Watch out for your team and their wellbeing, as well as their signs of fatigue. Early intervention is important to effective alertness management.

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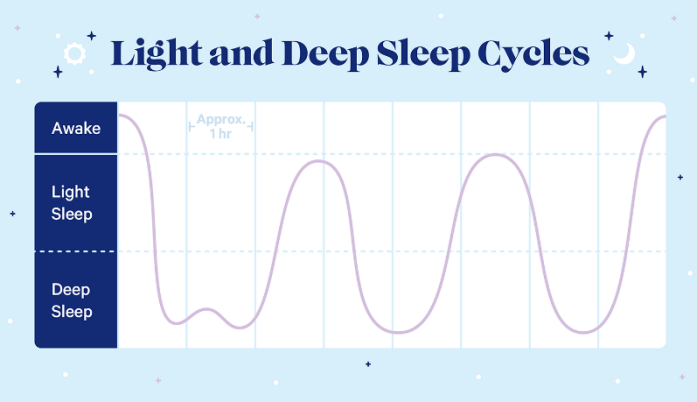
Facts about Sleep

1. The typical sleep cycle lasts for about 90 minutes. A normal sleep period would consist of four to six sleep cycles.
2. Depending on when in this sleep cycle you are waking up will have a large impact on your energy and responsiveness throughout the day.
3. Your deepest sleep usually occurs around 2am. Light exposure can significantly impact your alertness levels. If you are waking up early during the event, try turning all your lights on/ opening windows to increase your light exposure, which will help to reduce morning grogginess.



Download the Sleep Cycle alarm app to be woken up in the highest point of your sleep cycle.

Managing your alertness during race week

Caffeine intake

Coffee comes with an afternoon crash. A suggested alternative is matcha, which contains more vitamins and minerals, and provides a more stable energy boost, without the coffee jitters.
Caffeine stays in your system for 4-8 hours, even after the affects have worn off. Limit caffeine intake after midday.

Limit screentime

As mentioned earlier, light exposure keeps the brain alert. Avoid scrolling before sleep!
Implement a pre-sleep routine to help trick your brain into preparing for sleep.
Set up a nighttime do not disturb setting on your phone to limit notifications that may impact your falling asleep.

Overall wellbeing

Increase your intake of essential vitamins, minerals, and nutrient dense foods in the weeks leading up to the event to build up your immune system. Also implement complex carbohydrates like whole grain pasta to release energy slowly and consistently.
Limit intake of alcohol, and drink plenty of water throughout the day.