

Ways to combat fatigue



- + Use your maximum allowance of sleep, rest and leisure time
- + Inform your supervisor if you think that fatigue may be impairing your performance
- + Where possible, rotate tasks to mix heavy and lighter duties
- + Exercise daily
- + Eat as healthily as possible and limit smoking, caffeine and alcohol consumption

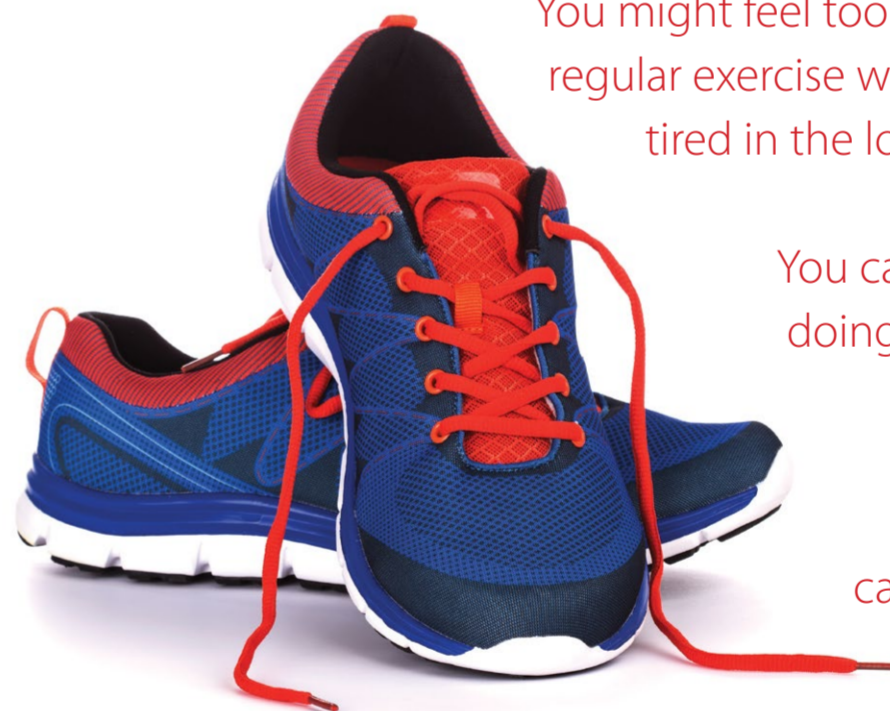
Eat often to beat tiredness

A good way to keep up your energy through the day is to eat regular meals and healthy snacks every three to four hours, rather than a large meal less often. Eating sensibly is also important, with the emphasis on foods which are high in fibre and trying to avoid fatty foods or too many snacks such as crisps and chocolate. It is also important to try and eat at least five portions of fruit and vegetables per day.



Feel better with exercise

You might feel too tired to exercise but regular exercise will make you feel less tired in the long run, and you will have more energy. You can help to stay fit by doing push-ups or sit-ups in your cabin, using improvised weights made out of tin cans, exercising with a colleague and taking aerobic exercise like walking. Use the stairs wherever possible.



Cut out caffeine

The Royal College of Psychiatrists in London recommends that anyone feeling tired should cut out caffeine. It says the best way to do this is to gradually stop having all caffeine drinks (this includes coffee, tea and cola drinks) over a three-week period. Try to stay off caffeine completely for a month to see if you feel less tired without it.

You may find that not consuming caffeine gives you headaches. If this happens, reduce more slowly on the amount of caffeine that you drink.

