



Trucking & Harvesting Advisory Group

## Driving For Safety



# Managing Fatigue During Night Duty

- **Prioritize sleep-** need to prioritize sleep and should adjust their sleep period so that they obtain a between 6 and 9 (preferably 8) hours of sleep directly preceding each night duty.
- **Consistent Routine-** need to commit to maintaining their sleep schedule on days off.
- **Prepare your sleep environment-** Make you room dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
- **Strategic Caffeine Use-** During night duties, caffeine (cola products (25-50mg), tea (26mg), hot chocolate(5mg), energy drinks (75-100mg)) can be used at 100mg before a night duty and another 100mg about 4 hours into the night duty.
- **Take a Nap-** Increase break frequency to one 20 minute break every 2-3 hours.
- **Bright Light-** Create exposure to bright light immediately before and during the first ½ hour of night duty.
- **Countermeasures**—Periods of risk where fatigue levels may be high should be managed with use of countermeasures (caffeine, physical activity, increased frequency of breaks, bright light, and controlled rest.)
- **Avoid alcohol**—Due to the affects that alcohol has on obtaining quality sleep, avoid alcohol consumption while on night duty schedule.
- **Bio-mathematical modeling tool**— Technology such as Readibands can be used to predict periods of risk where fatigue levels may be high.
- **Medical assessment**—Complete sleep disorder screening and obtain treatment if recommended.

Safe Driving is Good Business