

# Fatigue

Are you feeling unusually tired?

Are your reflexes slower than they typically are?

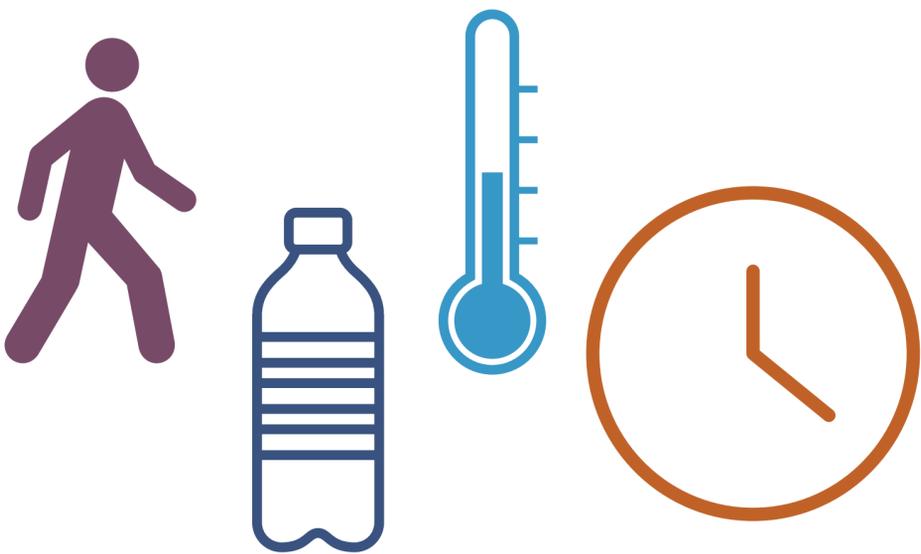
Have you been awake for more than 16 hours?

Are you feeling angry, bored, or a little giddy?



*If so, you might be fatigued!*

***Working while fatigued can be dangerous! If you're feeling tired:***



Walk around or stretch

Have a snack and drink water

Turn the temperature down

Take a break

***To avoid being fatigued, try to:***

- Get 7-9 hours of sleep per night
- Eat a healthy, varied diet
- Stay hydrated
- Exercise regularly
- Watch your caffeine and alcohol intake before bed

