

# Managing Fatigue During Night Duty

- **Prioritize Sleep** - Need to prioritize sleep and should adjust their sleep period so that they obtain a between six and nine (preferably eight) hours of sleep directly preceding each night duty.
- **Consistent Routine** - Keep your routine consistent even on days off.
- **Prepare Your Sleep Environment** - Make your room cool, 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 four hours into the night duty.
- **Take a Nap** - Increase break frequency to one 20-minute break every two-three 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.



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