

Anti-Fatigue Awareness Messages for Digital Message Boards

1. Sleep apnea is a common disorder affecting nearly 12% of the U.S. population (over 20 million Americans), in which airway blockages cause shortened breaths or pauses in breathing while one sleeps.
2. Sleep apnea can increase fatigue and also decrease alertness. Left untreated sleep apnea increases the risk of driver crashes 2 to 7 times more than those without the disorder.
3. Fatigue hinders the brain's ability to interact with the body. Physiologically, it has similar effects as alcohol.
4. Inadequate sleep affects the brain's ability to consolidate both factual information and procedural memories about how to do various physical tasks. Fatigue affects employee health, performance and safety.
5. Chronic sleep deprivation and fatigue increases the risk of accident and injury and can lead to depression, obesity, and cardiovascular disease.
6. Poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being.
7. Without sufficient sleep, most aspects of a driver's performance will suffer, including their judgment, decision-making, memory, reaction time and concentration.
8. If a driver is extremely tired, fatigue can cause uncontrolled and involuntary shutdown of the brain.
9. The recommended amount of sleep ranges between 7-9 hours of restful uninterrupted sleep per night.
10. Keeping a regular sleep schedule, even on weekends, maintains the timing of the body's internal clock and can help you fall asleep and wake up more easily.
11. It is possible to eliminate many minor sleep problems by creating a comfortable sleep environment, maintaining a healthful balance of nutrition and exercise, and engaging in relaxing activities near bedtime.
12. Prior to bedtime, avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep.
13. Symptoms of sleep apnea include trouble waking up, morning headaches, trouble concentrating, forgetfulness, and daytime fatigue. In severe cases, this can result in falling asleep unexpectedly.
14. Poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being.

Anti-Fatigue Awareness Messages for Digital Message Boards

15. A lack of sleep can lead to several health issues such as obesity, depression, heart disease, sleep apnea, and hypertension.
16. Drivers with three or more medical conditions such as obesity, diabetes, heart disease and high blood pressure, double to quadruple their chance of being in a crash than drivers with only one condition.
17. Sleep apnea is a common disorder in which airway blockages cause shortened breaths or pauses in breathing while one sleeps. Sleep apnea increases the risk of fatigue.
18. Left untreated, drivers who suffer from sleep apnea are 2 to 7 times more likely to be involved in a preventable crash than those who receive treatment.
19. During break periods drivers should practice short bursts of exercise to boost metabolism and energy in order to reduce the risk of fatigue.
20. If you are experiencing any difficulties sleeping or exhibit any signs of fatigue seek assistance from an appropriate healthcare provider and inform your supervisor.
21. Intense physical and psychological stress factors, erratic schedules, disrupted sleep patterns, time pressure, and poor diet all can result in fatigue and ultimately take a toll on a driver's health.
22. Exercising routinely to improve physical fitness can help you manage stress, stay healthy, and improve your sleep.
23. Stay alert at the wheel! The average adult's alertness dips and rises at different times of the day. People are most at risk of being fatigued between 2-4 am and 1-3 pm.
24. People who work night shifts, rotating shifts, double shifts or work more than one job have a six-fold increase in drowsy driving crashes.
25. An open window or music has no lasting effect on a person's ability to stay awake. In fact, they may mask the person's lack of alertness further.
26. The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy.
27. Believe it or not, [drowsy driving can be just as dangerous as drunk driving](#), according to the National Highway Traffic Safety Administration.

Anti-Fatigue Awareness Messages for Digital Message Boards

28. Being awake for more than 20 hours or having a 30% decrease on a fatigue score creates an impairment level equal to a blood alcohol concentration of 0.08.

29. Micro-sleep kills! In a 3 second micro-sleep traveling 45 mph, your vehicle travels 198 feet – 65 yards/4 average school bus lengths.