Fatigue Countermeasures

General:
- Adequate sleep on daily basis
- Limit prolonged work (wake) periods
  - <24hr
  - Provide nap and/or caffeine prior to drive home
- Protect recovery sleep periods
  - at least 24 hrs off duty

Naps
- Can promote alertness and cognitive performance when taken before sleep loss becomes severe (“prophylactic nap”)
- In states of chronic sleep restriction, shown to result in neurocognitive benefits
- Can produce (transient) sleep inertia
- May not always produce subjective feelings of recovery (but do improve performance in lab setting)
  - Post-call activities or nap?
- Naps should be 30 min or less to avoid “sleep inertia”

Caffeine
- In lab setting, decreases deep sleep, elevates core body temp over sleep/wake cycle and elevates norepi levels
- If used “strategically” (vs. socially) can promote alertness
- Benefits alertness for 3-10 hours
- Can develop tolerance
- Cannot substitute for sleep

Watch for Signs of Drowsy Driving
- You can’t stop yawning.
- You have trouble keeping your eyes open and focused especially at stoplights.
- Your mind wanders or you have disconnected thoughts
- Your eyelids droop or blink frequently.
- You can’t remember driving the last few miles.
- You hit rumble strips or grooves in the road.
- These things will not keep you awake while driving.
  - Turning the volume up on the radio
  - Singing loudly
  - Chewing gum or eating
  - Getting out of the car and running around
  - Slapping yourself
  - Sticking your head out the window

Sleep is the only preventive measure against drowsy driving
Tips for getting home safely

• Take a taxi or Uber and use the WU/BJC reimbursement form (round trip paid for)
  • Pull off the road to a safe place.
  • Drink two cups of coffee and take a 15-20 minute nap.
  • You’ll get some sleep while the caffeine takes effect.
  • When you get home, don’t go to sleep right away; let the effects of the caffeine wear off.

Drowsy Doctoring

• Signs of Drowsy Doctoring are similar to those of Drowsy Driving
• Drowsy Doctoring can also be deadly
• Short naps or caffeine may be helpful
• Make sure you know ahead of time who to tell in your chain of command if you experience these symptoms and feel unable to safely perform your clinical duties
• AND contact them if needed