

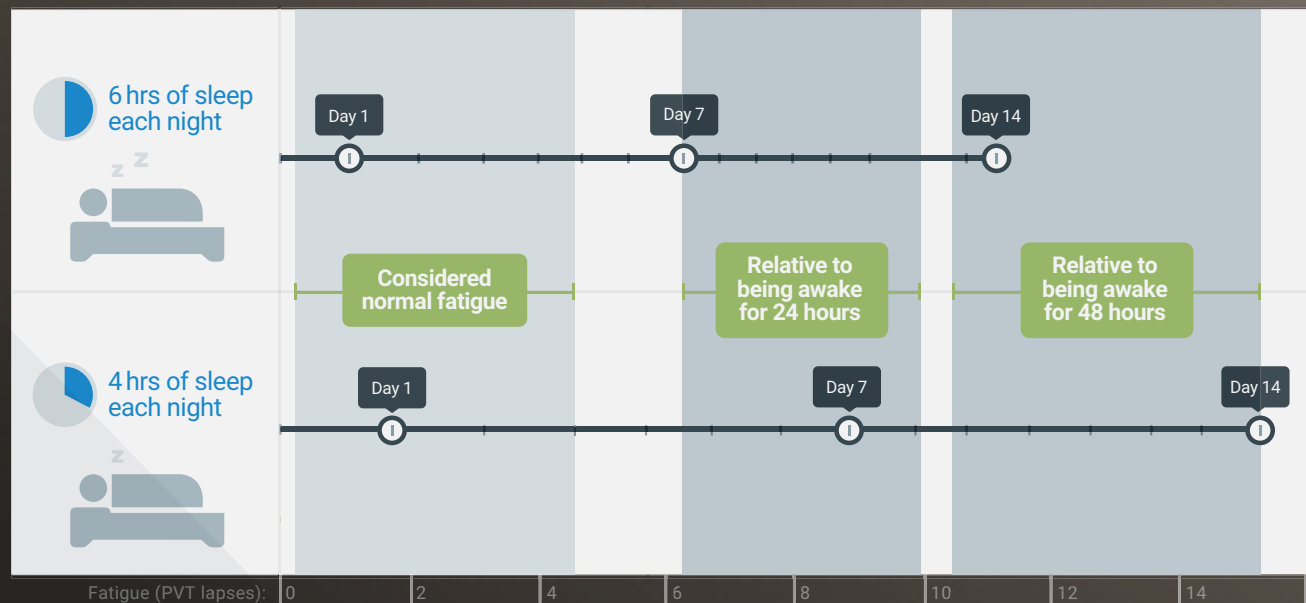
How Chronic Sleep Restriction can cause fatigue risk

(Van Dongen et al., 2003)

Limiting your sleep to 4-6 hrs each night for:

1 week straight equals being awake for 24 hrs

2 weeks straight equals being awake for 48 hrs



Ready to start managing fatigue risk?

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Chronic sleep restriction is common in modern society and may result from a variety of factors, including work demands, social and family responsibilities, medical conditions, and sleep disorders.

Even relatively moderate sleep restriction seriously impairs function in healthy adults. Studies show that people are largely unaware of increased deficits and this may be why the impact of sleep restriction is often assumed to be benign.

When a person becomes fatigued, they have trouble paying attention, have slower reaction time, make more errors, become forgetful, and may even fall asleep on the job. How is fatigue risk affecting your business?