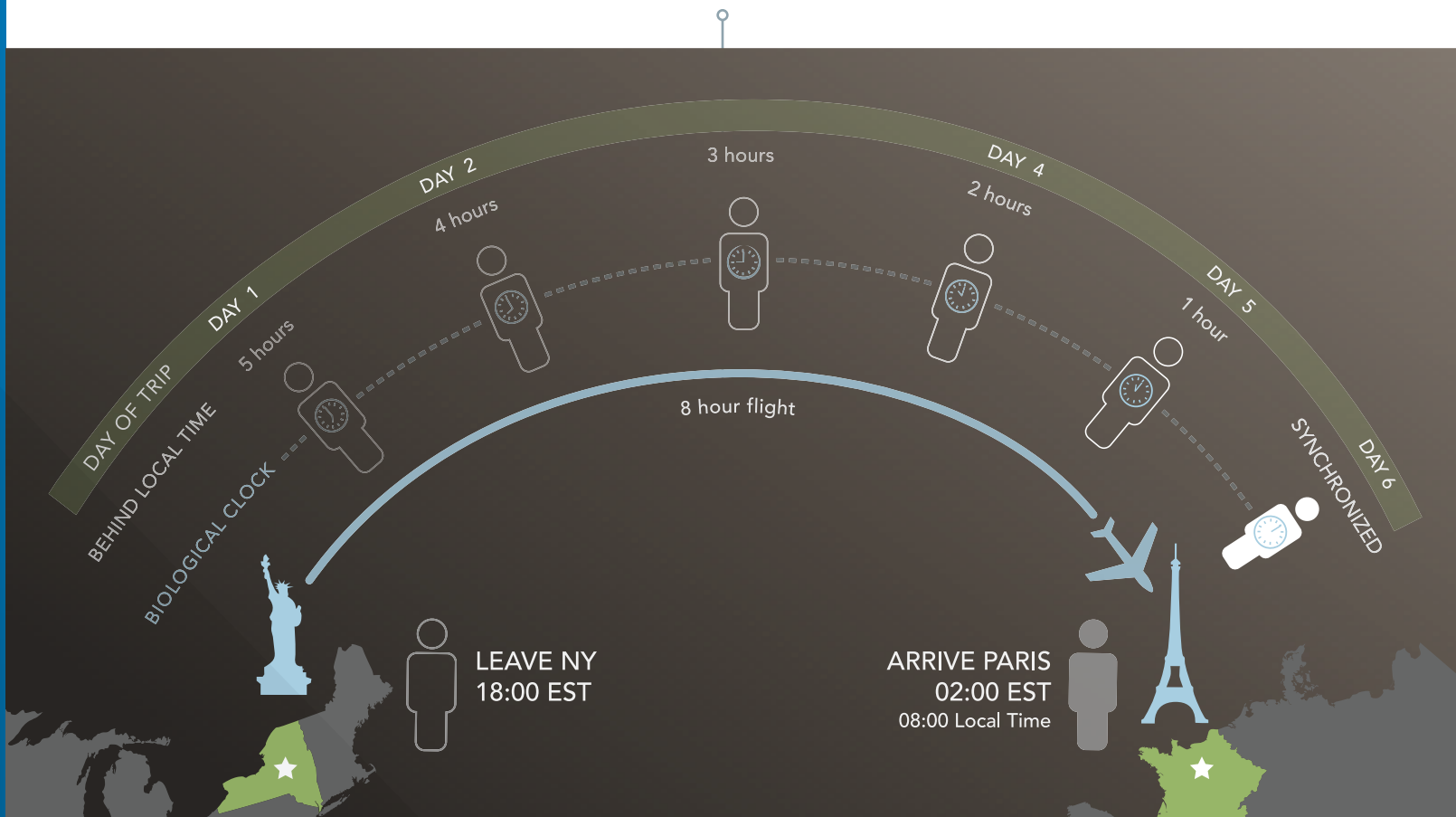


# How Jetlag can cause fatigue risk



**Ready to start  
managing  
fatigue risk?**



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**Symptoms include loss of sleep, insomnia, fatigue, decreased ability to concentrate, and gastrointestinal disturbances.**

Jetlag results when a traveler's internal biological clock remains synchronized to their home time zone after traveling to a different time zone. A specific biological mechanism allows us to adjust to the new time zone. However, for each time zone that is crossed, it takes roughly one day to adjust.

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?