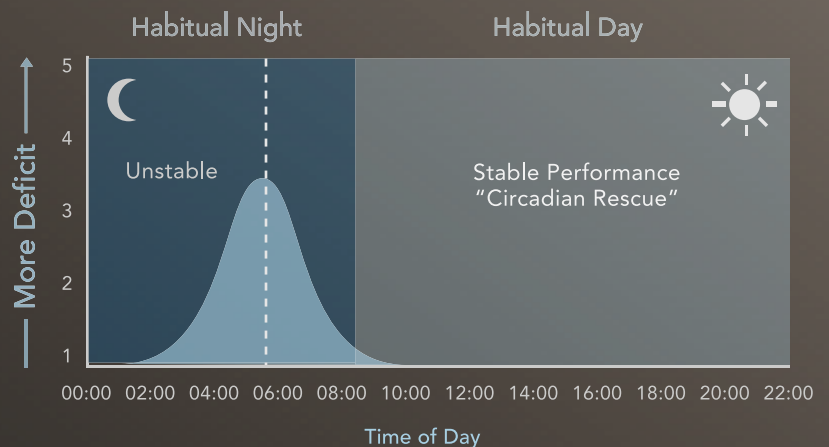
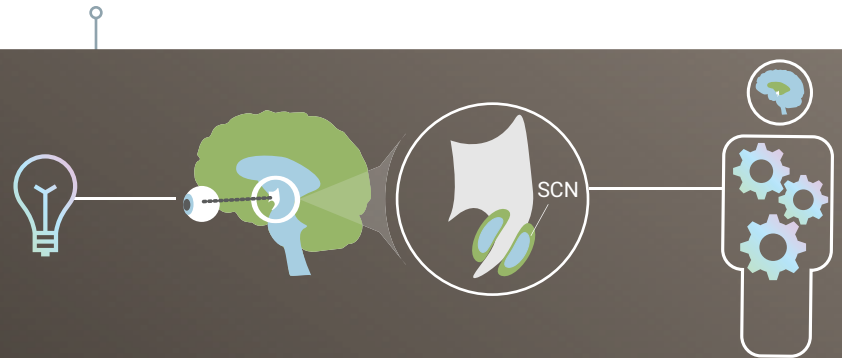


# How Shift Work can cause fatigue risk

## BIOLOGICAL CLOCK & LIGHT

Retinohypothalamic tract sends light from eyes to the Suprachiasmatic Nuclei (SCN) in the hypothalamus. The SCN provides the master clock signal to synchronize all internal biological functions, including the circadian sleep rhythm.

When working during the habitual night hours, the varied light exposure can alter rhythms in the SCN, which can cause shift work sleep disorder.



**Ready to start managing fatigue risk?**



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**The primary symptoms of shift work sleep disorder are insomnia and excessive sleepiness associated with working when our bodies want to sleep.**

The Suprachiasmatic Nuclei (SCN), a tiny region of the brain in the hypothalamus, synchronizes our biological functions with natural light/dark cycles to consolidate sleep during the nighttime and stable behavioral alertness during the daytime. Staying awake at night and sleep during daytime or evening hours can result in difficulty staying awake while on duty and difficulty getting to sleep during your off-duty periods.

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?