

The Effects of Fatigue

We've all been fatigued. Often it is easy to recognise the signs, sometimes less so. Here is a list of the effects of fatigue to help you to identify fatigue in yourself and others.

Fatigue is the subjective feeling of needing to sleep and may manifest physically, psychologically and emotionally.



Physical effects

Yawning, eye-rubbing and head-drooping.

Reduced energy.

Microsleeps: spontaneous, uncontrolled periods of sleep lasting 5 to 30 seconds.



Psychological effects

Decreased concentration or lapses in attention.

Impaired communication skills.

Reduced logical reasoning and problem-solving.

Increased risk-taking.

Decreased ability to learn and retain information.



Emotional effects

Being quiet and withdrawn.

Lack of empathy.

Increased irritability and grumpiness.

What to do if you feel fatigued

- As soon as you can, take a break. Ask for help if you cannot take a break.
- Sometimes just telling someone you are experiencing fatigue can help.
- Use caffeine carefully.
- Plan your recovery: you will need 2 nights of restorative sleep to recover from sleep debt, so prioritise your sleep for the next few days.

References

The effects of sleep deprivation on your body. <https://tinyurl.com/mvdsa7rs>

What to know about sleep deprivation. <https://tinyurl.com/hj32nz45>