

#EYESUPNZ

Fatigue The Silent Killer

Fatigue can sneak up on you!

Most people often can't assess their own fatigue levels accurately and are unaware of how their performance is downgrading.



Signs of Fatigue

Check List

- Frequently yawning
- Struggling to keep your eyes open
- Head nodding (head hitting your chest or backrest)
- Difficulty maintaining speed
- Drifting in and out of your lane
- Making poor gear changes
- Making more mistakes (e.g. under turning, nicking curbs, etc)
- Daydreaming (e.g. no recollection of the last 10kms)
- Slower reaction time



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Learn more at
eyesupnz.co.nz



**GET A GOOD
NIGHT'S SLEEP**



**MAINTAIN A
HEALTHY DIET**



**REGULAR
EXERCISE**



**TAKE
FREQUENT
BREAKS**



**STAY
HYDRATED
DRINK WATER**



**TAKE A
PRE-DRIVE /
MID-DRIVE
NAP**



**LIMIT
CAFFEINE**



**ADJUST YOUR
ENVIRONMENT**



**GET REGULAR
HEALTH
CHECK-UPS**
