Choose Your Fuel Wisely

Use caffeine strategically – early in your shift.

Avoid alcohol & caffeine 4-6 hrs before bed.

! WARNING!

• Caffeine will make it difficult for you to fall asleep when you get home from your shift.

• Alcohol will make you feel drowsy, but it reduces your sleep quality and quantity.

• Both alcohol and caffeine increase trips to the bathroom.

FOR MORE INFORMATION, GO TO: MXFATIGUE.COM OR HFSKYWAY.FAA.GOV