

# 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](http://MXFATIGUE.COM) OR [HFSKYWAY.FAA.GOV](http://HFSKYWAY.FAA.GOV)



**Federal Aviation  
Administration**