



**Preventing illness can improve sleep  
and reduce fatigue.**

- **Eat well, exercise, and get sufficient rest.**
- **Wash hands often to prevent spread of illnesses.**
- **Be careful of medications that disrupt sleep.**
- **Know medication side effects - Stay safe!**

**FOR MORE INFORMATION, GO TO:  
[MXFATIGUE.COM](http://MXFATIGUE.COM) OR [HFSKYWAY.FAA.GOV](http://HFSKYWAY.FAA.GOV)**



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