

Symptom Checklist



Physical Symptoms

- Yawning repeatedly
- Heavy eyelids or microsleeps
- Eye-rubbing
- Nodding off or head drooping
- Headaches, nausea, or upset stomach
- Slowed reaction time
- Lack of energy, weakness, or light headedness

Mental Symptoms

- Difficulty concentrating on tasks
- Lapses in attention
- Failure to communicate important information
- Failure to anticipate events or actions
- Making mistakes even on well-practiced tasks
- Forgetfulness
- Difficulty thinking clearly
- Poor decision making

Emotional Symptoms

- More quiet or withdrawn than normal
- Lack of motivation to do the task well
- Irritable or grumpy with colleagues, family, or friends
- Low morale
- Heightened emotional sensitivity