

Fighting Fatigue?

It might be your Circadian Rhythm...

The Circadian Rhythm is your body's internal clock. It tells your body to sleep at night and wake up during daylight. Just like your heartbeat, it's a rhythm of life.

FATIGUE FIGHTERS

If you start feeling drowsy...

- HAVE SOMEONE CHECK YOUR WORK
- GET UP AND MOVE AROUND
- ENGAGE IN CONVERSATION
- GET A DRINK OF WATER



For more information, go to:
MXFATIGUE.COM OR HFSKYWAY.FAA.GOV



Federal Aviation
Administration