



Rest Stop #101

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Sleep & Fatigue-What's the difference and what to do about it.

Presented by

Mary Convey, Director of Key Accounts & Risk Mitigation

maryconvey@sleepsafedrivers.com

7274173848





Topics to Cover

- ❑ Sleep & Fatigue The Difference....
- ❑ The price of fatigue
- ❑ Planning for Fatigue
- ❑ Sleep: Deprivation, Microsleeps & Sleep Apnea
- ❑ Creating improved driver health within current safety and benefits programs

What Is Fatigue?

Symptoms of fatigue include :

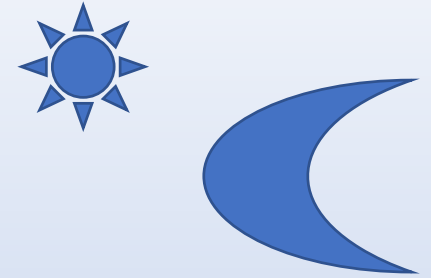
- tiredness
- sleepiness
- reduced energy and increased effort needed to perform basic tasks.



Many factors cause fatigue, with the most obvious being ***sleep loss***. However, factors in addition to sleep loss can play a role in employees' ability to get proper rest and how much fatigue they experience.

The Difference Between Sleep and Fatigue

There is a difference between fatigue and sleepiness.



Fatigue, sometimes called *tiredness*, can result from overwork as well as inactivity and unhealthy eating. There are also people who have fatigue from a variety of medical situations (diseases, chemotherapy treatment, etc.)

Sleepiness often accompanies fatigue, but they are not the same.

The way to recover **from fatigue is to rest.**

The way to recover from sleepiness is to sleep. You can rest without sleeping



Objective ways to measure the effects of Fatigue:

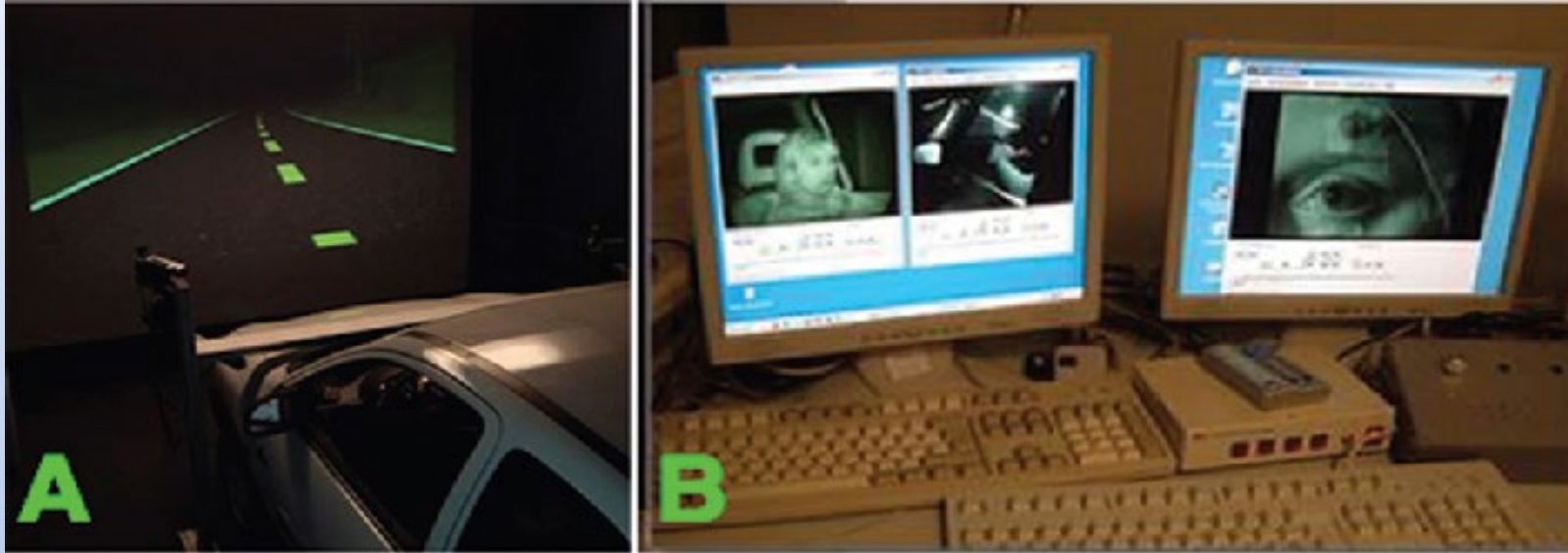
- Productivity
- Absenteeism
- Safety incidents and injuries
- Near misses, lane departures, late response
- Cameras

Fatigue & Sleep Facts

- Driver fatigue is among the top causes of large truck crashes. The **Federal Motor Carrier Safety Administration (FMCSA)** estimates that driver fatigue may be an associated factor in **13** percent of accidents involving a commercial truck.
- **97%** of the Employers in the Transportation industry feel the impact of fatigue – the highest among all safety-critical industries surveyed.
- **66% Decrease in** productivity
- **Transportation** industry employees who reported at least one risk factor cited long shifts(42%) and sleep loss (48%) as the most common causes of fatigue



Microsleeps are brief, unintended episodes of loss of attention

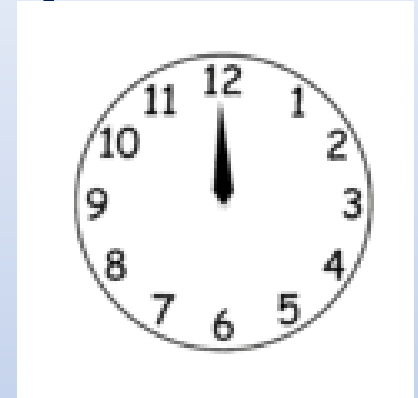


- Microsleeps are positively correlated with **accident risk** – the more instances and longer duration of microsleep episodes, the higher the risk of an accident. Researchers have used driving simulators to show that as individuals continue driving throughout the night, without sleep, the number of microsleep episodes, duration, and resulting crashes all increased.

Basic Sleep facts that can affect a Fatigue Management Program (FMP)

Circadian rhythm—the body clock

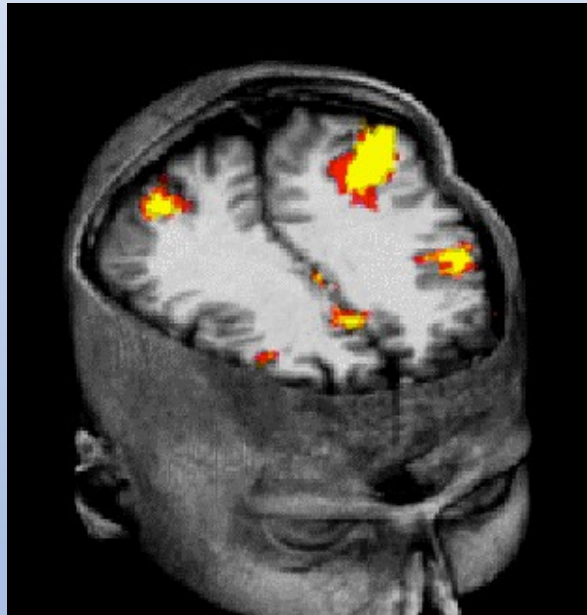
is on a predictable schedule. Melatonin begins secreting around 9 p.m., and deepest sleep happens around 2 a.m. Melatonin stops secreting around 7 a.m. and peak alertness occurs around 10 a.m.



- **Sleep Apnea** Individuals with sleep apnea may get enough hours of sleep, but due to the apnea, experience less quality restful sleep which can cause chronic sleep deprivation.

Sleep Determines Performance

Brain With Sleep



- Normal Activity & Preserved Performance

Brain Without Sleep



- Loss of Activity & Loss of Performance

Sleep Disorders

Sleep Apnea

28% of drivers

suffer from OSA

– FMCSA

20 million Suffer

80% Remain

Undiagnosed

***Sleep Apnea* is a condition** where someone **stops breathing** repeatedly throughout the night and is **not aware of it**



Normal



Obstructed
airway (apnea)



SLEEP APNEA SYMPTOMS

The main symptoms of OSA are loud snoring, fatigue, and daytime sleepiness. However, some people have no symptoms.

Common Symptoms:

- Restless sleep
- Awakening with choking, gasping, or smothering
- Morning headaches, dry mouth, or sore throat
- Waking frequently to urinate
- Awakening unrested, groggy
- Low energy, difficulty concentrating, memory impairment



ROI for Fatigue & Sleep Solutions:

Schneider's decision to treat drivers diagnosed with OSA **saved \$400 a month** on health plan costs per driver, increased retention, reduced crash risk and decreased DOT-reportable crashes.

JB Hunt Study Reduced Medical Costs **56%** after being treated for OSA



NAFMP

North American Fatigue Management Program

- RESOURCES : FREEE!!!!



<https://www.nafmp.com>



To Do List:



- Develop a Fatigue Management Program
- Get Senior Leadership to Buy In and Endorse
- Put Guidelines into place for Drivers to combat Fatigue
- Talk to HR BENEFITS about providing a Sleep Apnea Solution as a Benefit for Drivers
- Get some Rest & Sleep!

Questions???

