



# HEALTH BITES

Healthy Workers  
Healthy Futures  
Initiative



*Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices*

## The 'F' word - Fatigue

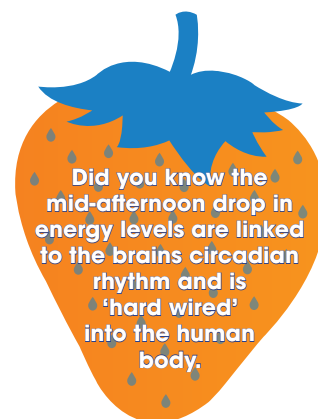
Fatigue is more than simply feeling tired or drowsy. In a work situation, fatigue is a state of mental and/ or physical exhaustion that stops a person from being able to function normally.

It's more than the afternoon slump, but the info in this issue will help with those as well.

### The causes of fatigue

Fatigue can be caused by a combination of work and non-work related factors. This issue of Health Bites will focus on lifestyle and psychological causes.

- » **Lack of sleep** - typically adults need 8 hours of sleep each night.
- » **Too much sleep** - adult sleeping more than 11 hours per night can lead to excessive daytime sleepiness.
- » **Sleep disturbance** - children waking in the night, snoring partners or uncomfortable sleeping arrangements makes quality sleep difficult.
- » **Alcohol and drugs** - alcohol is a depressant drug that slows the nervous system and disturbs normal sleep patterns. Other drugs, such as cigarettes and caffeine stimulate the nervous system and can cause insomnia.
- » **Lack of regular exercise and sedentary behaviour** - physical activity is known to help you sleep, reduces stress and improves wellbeing and boost energy levels.
- » **Poor diet** - not providing the body with enough fuel and nutrients to function at its best. Quick fix foods such as a chocolate or caffeinated drinks offer a temporary energy boost that quickly wears off and worsens fatigue.
- » **Depression** - this illness is characterized by feelings of sadness, dejection and hopeless.
- » **Anxiety and stress** - a person who is stressed and anxious keeps their body in overdrive, with constant flooding of adrenaline which exhaust the body.



**DO YOU FEEL  
FATIGUED**



Being awake for 17 hours is the equivalent of having a blood alcohol level of 0.05.  
Being awake for 20 hours is the equivalent of having a blood alcohol level of 0.1.  
Workplace Health and Safety QLD 2008, Managing fatigue; guide for the workplace.

This program is funded by SA Health in partnership with Group Training Australia SA  
The information in this newsletter should not be used as an alternative to professional care.  
If you have a particular problem, see a doctor or other health professional.



## Fight Fatigue

### SLEEP



- » Go to bed and get up at the same time every day
- » Avoid naps during the day

- » Learn how to relax by focus on your breathing or Youtube relaxation
- » Avoid heavy meals, alcohol and caffeine before going to bed

### MOVE MORE SIT LESS

- » Physical activity boost energy levels - aim for 30mins a day



- » A brisk walk or 10 minutes of stretching at your desk improved blood flow and boost energy

### GOOD NUTRITION



- » Drink plenty of water, sometimes you're tired because your dehydrated
- » Eat a carb rich breakfast cereals or wholegrain breads
- » Don't skip meals, most active apprentices aren't eating enough or not a healthy choice to keep you going

### MENTAL WELLNESS



- » Talk about it - your manager, work mate, family or friends
- » Get a lifestyle coach to help you tackle day to day problems with the free New Access Program call 1800 010 630
- » Learn to do nothing - often we drive ourselves to do bigger and better and more. A hectic lifestyle is exhausting - rethink your commitments and just hang out

## COFFEE, ENERGY DRINK, CAFFEINE, CHOCOLATE, CAPPUCCINO, REDBULL, TEA, ESPRESSO, COKE, MOTHER

Lots of us use coffee or energy drinks to help fight fatigue we crave caffeine. Caffeine, the world's most popular stimulant, is found in half the beverages we drink. It's important to know how it works, and how it can affect you, including the fact that caffeine can have withdrawal effects and impact on your health if you have too much.

- » Caffeine is a stimulant drug that acts on the brain and nervous system. It works similar to the hormone adrenaline that it can give a short burst of physical energy - the 'pick me up'.
- » Like many other drugs it is possible to become dependent of caffeine.
- » In small doses it can make you feel refreshed and focused.
- » In large doses it can make you feel anxious, restless, and cause irregular heart rates, headaches and difficulty sleeping.
- » The after affect causes a 'come down' a tired and lethargic feeling.
- » Withdrawal symptoms include tiredness, headache, sweating and crankiness - cut down gradually.
- » Mixing energy drinks with alcohol should be avoided due to the masking effects of the caffeine, meaning the person doesn't feel as drunk as they actually are and so there is more risk of alcohol related accidents.
- » Energy drinks and soft drinks are of health concern due to their high caffeine and high sugar content. They should be consumed rarely - not as an everyday drink.

## What's my caffeine and sugar intake?

■ CAFFEINE

■ SUGAR

<b>160MG</b> <b>52G</b>  500ML <b>MOTHER</b>	<b>110MG</b>  30ML <b>SHOT OF ESPRESSO</b>	<b>115MG</b> <b>58G</b>  600ML <b>ICED COFFEE</b>
<b>97MG</b>  355ML <b>CAPPUCCINO</b>	<b>80MG</b> <b>27G</b>  250ML <b>CAN OF RED BULL</b>	<b>57MG</b>  236ML <b>INSTANT COFFEE</b>
<b>49MG</b> <b>40G</b>  375ML <b>CAN OF COKE</b>	<b>40MG</b>  250ML <b>BLACK TEA</b>	<b>25MG</b>  250ML <b>GREEN TEA</b>
<b>12MG</b> <b>25G</b>  45G <b>MILK CHOCOLATE</b>	<b>10MG</b>  355ML <b>DECAF COFFEE</b>	<b>7.5MG</b> <b>32G</b>  355ML <b>HOT CHOCOLATE</b>

### HOW MUCH CAFFEINE IS TOO MUCH?

**= 400MG**

Daily caffeine intake for a healthy adult