



Module 7:

Lifestyle choices to manage fatigue



Start Module >>



Learning objectives

At the end of 'Module 7: Lifestyle choices to manage fatigue' you will be able to:

1

Take action to improve your health

2

Use strategies to improve your sleep



3

Make choices to improve your work-life balance

4

Communicate your fatigue management strategies

Replay

Page

Next



Lifestyle choices to manage fatigue

This module will look at **improving your:**

Health



Sleep



Work-life balance





Improving your health

Taking good care of yourself can **decrease your risk of fatigue**.



Improving your diet



Choosing nutritious food



Avoiding unhealthy options

Keep your weight down, reduce the risk of heart disease, high blood pressure and diabetes, and keep you fit and active.



Getting enough exercise



Participating in regular exercise



Maintain a healthy weight, fight illness and disease, give you more energy, improve your mood and help you to sleep.



Limiting the use of alcohol and other drugs



Avoiding or limiting alcohol, cigarettes, stimulants and caffeine



Enhancing your quality of sleep and reducing the risk of cardiovascular disease, and dangerous side effects.

More energy



Perform at your best

Replay

« Prev Page

Next »



Improving your diet

The **food** that you choose to eat can make a **big difference** to your **energy levels** and your **overall health**.



Diet

Eat plenty

- Fresh fruit and vegetables
- Whole grains and cereals
 - Rice, wholemeal bread, pasta



- Sandwiches and wraps on grain bread
- Pasta dishes with tomato-based sauce
- Rice and vegetable dishes
- Toasted sandwiches
- Cereal with fruit and yoghurt



Exercise

Eat moderately

- Meat, fish and eggs
- Dairy foods
 - Cheese, yoghurt



- Lean meat
- Meat that has had the fat trimmed
- Grilled, braised or baked meat
- Low fat milk
- Eggs are better poached or boiled



Alcohol & Drugs

Eat the least

- Fat, sugar and salt
 - Butter, margarine, greasy food
 - Fruit juices, soft drinks, chips



- Pastries, such as pies, sausage rolls
- Deep-fried foods
- Chocolate, cakes, biscuits and lollies
- Potato chips





Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods



Protein and carbohydrates



Convenience



Water



Night Shift



Replay



Prev

Page



Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods ✓

- **Fruit**
 - Both fresh and dried fruit
 - Contain vitamins and dietary fibre
- **Wholegrain crackers**
 - Low in fat and salt
 - Can be kept in a container
- **Nuts**
 - Almonds and cashews
 - Small quantities



Protein and carbohydrates ✓



Convenience ✓

- **Small tubs**
 - Low-fat yoghurt
 - Diced fruit in juice such as apricot halves
 - Easy to carry and eat
- **Sandwiches on wholemeal bread**
 - Peanut butter or lean meat
- **Trail mix**
 - Raw nuts and dried fruit
 - Plain popcorn



Water ✓



Night Shift ✓





Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods ✓



Protein and carbohydrates ✓



Convenience ✓



Water ✓



Night Shift ✓

To help you to stay alert, choose foods that are **high in protein**

- Meat and fish
 - Beef, chicken, salmon, tuna
- Yoghurt
- Hard boiled eggs

Prior to sleep, you can eat foods containing **carbohydrates**

- Wholemeal bread
- Pasta
- Brown rice
- Potatoes

These help you to **relax** and **improve** your **sleep**.





Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods ✓



Protein and carbohydrates ✓



Convenience ✓



Water ✓



Night Shift ✓

To make it **easier** and more **convenient** to eat good food:

- **Prepare food** to have with you at work
- Heating food in a microwave, pack meals that have been cooked and frozen
- Carry some **plastic containers** with you to pack small portions of food
- Use an **esky** to keep your food and drink cool



Having good food available, will make you **more likely** to choose healthier options.





Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods ✓



Protein and carbohydrates ✓



Convenience ✓



Water ✓



Night Shift ✓

Drink **plenty of water**

- At least 2 litres a day
- Up to 4 litres a day is recommended for night shift workers

It is necessary to **replace lost fluids**, especially if you are:

- working in hot conditions
- performing strenuous activity

Dehydration is also caused by:

- drinking coffee and alcohol
- taking some medications

It is important to keep topping up to help keep you alert

Thirst can also be **confused** for **hunger**

- If you have recently eaten and still feel hungry, try drinking water as you may be dehydrated





Choosing healthy food and drink

Make it easier to choose healthy food when you are driving long distances or working from different locations.

Click each image to find out more.



Snack foods ✓



Protein and carbohydrates ✓



Convenience ✓



Water ✓



Night Shift ✓

Working night shifts can make it **more difficult** to make healthy choices.

- Eat **small, light** meals during the night
 - Your digestive system is not as active in the evening
- Avoid eating large meals after **1am**
- To get a better quality of sleep, have a **light meal** when you finish your shift
- **Avoid** eating foods that are **high in fat**
- **Limit** the amount of **tea** and **coffee** you drink in the hours before you sleep





Foods to avoid and alternatives



Foods to avoid

- Fast food
- Pizza
- Hot chips
- Fried food
- Creamy sauces
- Foods with pastry



These foods are **high** in fat and cholesterol and **low** in nutritional value.



Avoiding these foods **most** of the time will improve your health.



Healthy alternatives

- **Salad** or **vegetables** with your meal instead of chips
- **Grilled** fish or chicken instead of fried food
- Beef **stir-fry** with vegetables
- **Tomato-based sauce** with pasta
- **Baked** potato with chilli beans
- **Corn** or **fish** cakes instead of mince burgers



These alternatives are easier to digest, giving you more **energy**, and lower in fat, helping you to **stay alert**.



Choosing a **variety** of food helps to maintain a healthy balance, and makes meals more interesting.





Getting enough exercise



Diet



Exercise



Alcohol & Drugs

Regular **physical activity** has many **benefits**



- Helps to maintain a **healthy weight**
- **Reduces your risk** of medical conditions
 - Heart disease
 - Stroke
 - Type 2 diabetes
 - High blood pressure
 - Some cancers
- Improves bone and muscle **strength**
- **Reduces** stress, depression and anxiety
- Makes you **feel good**





Exercise and physical activity

There are lots of ways to increase your daily amount of exercise and physical activity.

How much exercise

- Aim for at least **30 minutes** every day, or most days of the week
- You can do this in **one session** or break it up into 10 or 15 minute **blocks**
- Increasing the **intensity** of your exercise once or twice each week is beneficial



Types of exercise

- **Walking** is good exercise
 - Brisk walking for at least 10-15 minutes each day
- Go **bike riding**
- Play **team sports**
- Other physical activities:
 - Gardening, walking your dog, backyard cricket, beach volleyball



Incidental activity

- Using the stairs
- Parking further away
- Playing with your children outside
- Walking to the shop
- Kicking a ball around at the park
- Doing some housework
- Tidying up the backyard, garage or shed



If you haven't been active for some time, or if you have any medical conditions, **talk to your doctor** before increasing your exercise and physical activity.





Limiting the use of alcohol and other drugs



Diet



Exercise



Alcohol & Drugs

Limit the use of **alcohol** and **other drugs**



One of the best things you can do for your health and well-being.

Alcohol in moderation is not considered harmful, and may help you to relax

Cigarettes may make you feel calm and relaxed

Drugs, such as **stimulants** and **depressants** may feel like they help in the short term



Used in **excess**



Negative impacts on both your **sleep** and **health**



Smoking



Increases the risk of **heart disease**, **stroke** and many **cancers**



Highly **addictive**



Serious **long term** effects





Alcohol and other drugs

Every **positive action** you take will **contribute** to an **improvement** in your health.
Click each image to look more closely at the effects of alcohol, tobacco and drugs.



Alcohol



Tobacco



Drugs



Alcohol and other drugs

Every **positive action** you take will **contribute** to an **improvement** in your health.
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Alcohol ✓



Tobacco ✓



Drugs ✓



Excessive use of alcohol is harmful to your health

Effects of drinking **more than the recommended** amount:

- **High blood pressure**
- **Damage** to your liver
- **Obesity** and **malnutrition**

Long term effects of alcohol **abuse**:

- Brain damage, dementia and tremors
- **Reducing** the amount of **deep sleep**, and causing you to feel more fatigued



Use these tips:

- Drink **no more** than **two standard drinks** a day
- **1 standard drink =**
 - Can or stubbie of mid-strength beer
 - 100ml glass of wine
 - 30ml nip of spirits
- Have regular **alcohol-free days**
- Find **non-alcoholic** drinks that you can enjoy
- **Include food** while drinking
 - Avoid salty snacks that make you thirsty





Alcohol and other drugs

Every **positive action** you take will **contribute** to an **improvement** in your health.
Click each image to look more closely at the effects of alcohol, tobacco and drugs.



Alcohol ✓



Tobacco ✓



Drugs ✓

✗ **Heart disease, cancer, stroke, cardiovascular disease**

Negative effects of smoking:

- High blood pressure
- Increased heart rate
- Risk of heart attack and stroke
- Shortness of breath and less oxygen to the lungs
- Emphysema
- Reduced flow of oxygen around your body
- Increases your heart rate and pulse and causes your muscles to tense



Quitting smoking is a huge **positive action** you can take to improve your health.

The **benefits** of quitting include:

- Reduced risk of cancer, stroke and heart disease
- Increased energy, better circulation and improved sense of taste and smell
- Improved sleep
- Better level of fitness

Most withdrawal symptoms are **gone** within **2 to 4 weeks**

Seek help from your doctor, pharmacist or counselling service





Alcohol and other drugs

Every **positive action** you take will **contribute** to an **improvement** in your health.
Click each image to look more closely at the effects of alcohol, tobacco and drugs.



Alcohol ✓



Tobacco ✓



Drugs ✓

✗ Used to try to **stay awake** and to help to **get to sleep**

The **long-term** health effects of **stimulants** and **depressants** can include:

- High blood pressure and heart failure
- Sleep disturbance and insomnia
- Mood swings and irritability
- Mental health issues
- Permanent brain damage
- Lack of coordination
- Weight loss and malnutrition
- Restlessness

✗ Use of stimulants while **driving** or **operating machinery**

- Impact your perception and impair your coordination
- Reduce your ability to concentrate
- Give you a false sense of confidence
- Lead to risk taking behaviour

All drugs can lead to **dependency** and avoiding their use is the safest and healthiest option.



Drug information services are available in each State and Territory, if you **need assistance** with drug dependency.





Improving your sleep

Good quality sleep will help you to feel better generally, and reduce the risk of fatigue.



Amount of sleep



Quality of sleep



Medical conditions





Getting enough sleep

Most adults need between **7 and 9 hours** of sleep each day to:

- allow your body to repair and recover
- maintain cognitive function
- reduce stress
- maintain emotional balance
- re-charge and re-energise

Tips for napping

- Get into the **habit** of taking naps around the same time
- Wind down and relax
- Get comfortable, in a quiet place with good ventilation



A nap taken at the **wrong time**, or **too often** can make it more difficult to sleep later on

- Amount of sleep
- Quality of sleep
- Medical conditions

Sleep inertia

↓

Caused by waking up suddenly

+

Napping for too long



Groggy feeling

↓

Impair your ability to function properly

=

Up to half an hour



Allow sufficient time to recover from sleep inertia **before driving or operating equipment**





Improving the quality of sleep



- Do the same things before going to sleep
- Go to bed around the same time
- Let your friends and family know your shifts
- Keep your phone on silent
- Use an answering machine
- Do something relaxing
- Use curtains or an eye mask
- Turn on a fan or use ear plugs
- Bedding is fresh and comfortable
- Support for your neck and back
- Allow fresh air flow through the room
- Try not to have a television in your bedroom
- Avoid smoking, alcohol and caffeine
- Have a warm bath or shower
- Do some regular exercise
- Eat a light meal
- Try not to drink too much fluid





Treating sleep disorders and medical conditions

There are a range of **medical conditions** that may affect your sleep and most of them are treatable.



Amount of sleep



Quality of sleep



Medical conditions



Insomnia



Sleep apnoea



Snoring



Restless leg syndrome



Narcolepsy



All of these conditions can **affect** the **quality** of your sleep, and can be **treated**. You should seek **medical help** if any of these conditions are affecting you.





Treating sleep disorders and medical conditions



Insomnia

- Difficulty falling asleep or staying asleep
- Sleep is not refreshing
- Affect mood and concentration



Sleep apnoea

Caused by:

- too much on your mind
- inability to wind down
- some medications
- chronic pain
- depression and anxiety



Snoring

Sometimes people become **worried** and **anxious** about not being able to sleep, making the condition worse.



Restless leg syndrome

It is **important** to:

- ensure you establish good sleep habits
- seek counselling or see a sleep specialist



Narcolepsy





Treating sleep disorders and medical conditions



Insomnia



Sleep apnoea



Snoring



Restless leg syndrome



Narcolepsy

- Your **windpipe** is **constricted** and prevents air getting to your lungs
- Causing you to **stop breathing** for short periods of time while sleeping
- Can result in snoring
- Also disturbs your sleep, as you wake up frequently to take a breath

Some **prevention methods** include:

- weight loss
- avoiding alcohol before sleeping

There is also a treatment known as **Continuous Positive Airway Therapy** (or CPAP).





Treating sleep disorders and medical conditions



Insomnia



Sleep apnoea



Snoring



Restless leg syndrome



Narcolepsy

- **Common** (especially amongst men)
- Becomes worse with age and weight gain
- Can disrupt your sleep
- Linked to sleep apnoea and other sleep and breathing conditions
- Alcohol and some medications can increase your risk of snoring
- Sleeping on your back
- Breathing through your mouth

It can be **improved** by:

- losing weight
- avoiding alcohol before you sleep

See your **doctor** if snoring **disturbs** your sleep or if you are **concerned** for your health.





Treating sleep disorders and medical conditions



Insomnia



Sleep apnoea



Snoring



Restless leg syndrome



Narcolepsy

- Causes you to **constantly**:
 - move your legs
 - feel twitchy
- **Legs feel**:
 - prickly
 - tingly
 - pins and needles
- Can be **treated** with medication
- Sometimes caused by lack of iron in your body
- Reducing caffeine, alcohol and smoking and increasing exercise can also help





Treating sleep disorders and medical conditions



Insomnia



Sleep apnoea



Snoring



Restless leg syndrome



Narcolepsy

- Fall asleep **without warning**
- Frequent, extreme, sudden sleepiness
- Results in the brain getting **mixed messages** about:
 - **when to sleep**
 - **when to stay alert**
- **Extremely dangerous** for drivers and operators
- You should **seek medical attention immediately** if you suspect you suffer from this condition





Improving your work-life balance

Makes it **easier to cope** with the many demands placed on you each day.

Find your priorities



Identify those things in your life that you **value** most



Combine some of the activities



With some of your **priorities**





Communicating your fatigue management strategies

Making improvements to your **health**, your **sleep** and your **work-life** balance is important



Discuss these actions with your **family**, **friends**, **neighbours**, **employer** and **colleagues**



Communicating your **fatigue management strategies** is important to:

- help you manage your schedule and workload
- enable others to understand how they can support you
- allow you to organise activities that suit your schedule
- highlight the importance of quiet time when you are in need of sleep
- alert others to your symptoms of fatigue
- help to minimise added pressure
- enable you to share ideas with others about how to reduce the risk of fatigue





Summary

Congratulations! You have now completed Module 7: Lifestyle choices to manage fatigue.

You should now be able to:

- ✔ Take action to improve your health
- ✔ Use strategies to improve your sleep
- ✔ Make choices to improve your work-life balance
- ✔ Communicate your fatigue management strategies.



You can now return to the home page and move on to the next module which includes a summary of the topics covered in this course and will look at what you will do differently to help minimise fatigue once you have completed this course.

