



Working Against your **BODY CLOCK**

Circadian rhythm...

but in reality...



BODY STILL IN SLEEP MODE



you are getting ready for work or exercising

BODY STILL WAKING UP



you are driving into work



MOST ALERT TIME OF DAY



MID-AFTERNOON CRASH



you are focusing on important tasks



BODY GETS ITS PEAK OF ENERGY



BODY GETS READY TO SLEEP



you are still up finishing errands or chores



you are surfing the web



you are tending to the baby



Visit nsc.org/fatigue for more resources.