Working Against your BODY CLOCK

Circadian rhythm...

- Body still in sleep mode
- Most alert time of day
- Mid-afternoon crash
- Body gets ready to sleep

But in reality...

- You are getting ready for work or exercising
- You are driving into work
- You are focusing on important tasks
- 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.