38% of the U.S. workforce reports being sleep deprived.

**Night shifts**
Safety incidents are 30% higher during night shifts

**Early morning start**
Before 7:30 a.m., body is still in sleep mode
Work says, “Go!” but body says, “No!”

**Long hours**
Double the shift, double the risk 12 hour shifts are 2x riskier than 8 hour shifts

**Irregular shifts & rotating schedules**
Schedules changing daily or weekly upsets your body clock

Visit nsc.org/fatigue for more resources.