

More than 1 in 3 people are not getting enough sleep. To avoid fatigue, make sure to:

- Get enough sleep and get give yourself adequate time to rest between physically or mentally demanding activities
- Get screened for sleeping disorders, such as obstructive sleep apnea
- Align your natural body clock with your work schedule
- If you work the night shift, try to maintain a consistent sleep schedule even on your days off
- Instead of tossing and turning, try taking a sleep habits assessment to try and find out what's keeping you awake

Other ways to control general fatigue:

- Rest eyes and voice from time to time
 - Make sure there is proper lighting
 - Make sure your mic is in front of your mouth to avoid having to speak louder
 - Control your voice volume to reasonable levels
 - Adjust brightness/contrast on your monitors or TVs
 - Adjust font size/screen resolution on your monitor
- Stay hydrated
- Use volume controls on speakers, TVs, and phones
- Assess if you need glasses or hearing aids

