Fatigue and Work Infographic



Fatigue is the state of feeling very tired, weary or sleepy because of too little or inadequate sleep, prolonged mental or physical work, or extended periods of stress or anxiety. Boring or repetitive tasks can intensify feelings of fatigue.

On average we need at least 7.5 to 8.5 hours of sleep every day. While it’s always possible to reverse a short-lived or ‘acute’ state of fatigue by catching up on sleep and rest, chronic fatigue may require a doctor’s intervention. *(Source: CCOHS)*