SEAFARERS HEALTH

FATIGUE & SLEEP | NO. 17

HEALTH

10

hours of rest, at least, in any 24 hours

Tired on watch? Speak up before it is too late.

Nodding off on watch? Tell the officer of the watch now. Do not try to push through it.

Read the free guide

seafarershealth.org/fatigue-sleep/

Free to print and share. General information, not medical advice.