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

**NIGHT SHIFTS**
Safety incidents are 30% higher during night shifts

**EARLY MORNING START**
Before 7:00 am, body is still in sleep mode

**LONG HOURS**
The longer the shift, the higher the risk

**IRREGULAR SHIFTS & ROTATING SCHEDULES**
Schedules changing daily or weekly upsets your body clock

For more information, visit [www.nsc.org/fatigue](http://www.nsc.org/fatigue)