“Fatigue is the subjective feeling of the need to sleep, an increased physiological drive to fall asleep and a state of decreased alertness.”

**1. Restorative sleep**
Most adults require 7-8 hours of uninterrupted restorative sleep per night.

**2. Sleep debt**
A sleep debt occurs after restricted sleep for 2 or more nights.

**3. Sleep restriction**
Moderate sleep restriction to 6 hours per night for 2 weeks impairs performance equivalent to one night of complete sleep deprivation.

**4. Wakefulness**
Cognitive function is impaired after 16-18 hours of wakefulness.

**5. Dangerous driving**
20 hours of wakefulness can cause impaired performance equivalent to being over the UK legal driving limit for alcohol.

**6. Age**
Sleep patterns are altered and the ability to recover from lack of sleep is reduced by age.

**7. Microsleeps**
Fatigue induces sleep lapses or microsleeps, which are spontaneous, uncontrolled and often go unrecognised.

**8. Recovery**
2 consecutive nights of restorative sleep are needed to recover from sleep loss.

The AAGBI guideline *Fatigue and Anaesthetists* 2014 includes information about good sleep habits and recommendations for individuals and departments about how they can mitigate the effects of fatigue.

Reference