



FATIGUE MANAGEMENT

In our day-to-day lives, we're expected to be ready for anything. 24/7.

Living up to that expectation isn't always easy, because life isn't always easy.

Nevertheless, our jobs, our families and our personal happiness depend on our being alert, positive and energized. This constant pressure can leave us fatigued.

Fatigue can result from a wide range of factors: how well you sleep, what you eat, certain stresses, and too little exercise.

It's a fact that sometimes fatigue is inevitable, and quite often a serious problem in our lives. It can simply just take the enjoyment out of our daily activities or even lead to a serious deterioration in our mental and /or physical health.

You owe it to yourself to determine why you're feeling tired and work at managing the causes.

What are some of the signs of fatigue?

- Blurred vision
- Dry, itchy eyes
- Slow, slurred speech
- Wandering and disconnected thoughts
- Drowsiness
- Headaches or stomach aches
- Lack of attention
- Inability to focus
- Degraded mental acuity

How do I handle my fatigue?

First and foremost, do not cheat yourself out of the sleep you need. Strive for 8 or more hours a night. If this is not always possible then you need to adjust your circadian rhythm to get your body clock back in sync. A Litebook can help you achieve this result easily, safely and side effect free. Exposure to specific wave lengths bright light at specified times and equally important, avoidance of bright light at specific times can help to reset your body clock in as little as two or three days. Our body clocks differ and so do the times we should seek and avoid light when addressing our problems but if you visit www.litebook.com and click on 'ABOUT LIGHT THERAPY' you should be able to find the answers to your specific problems.

While The Litebook will never replace a deep, restful sleep, it will give you that little boost when you need it!



The Litebook® Advantage and the Litebook® Edge™

THE LIGHT YOU NEED... EVERY DAY®

- Improves mood • Increases energy • Heightens alertness
- Restores sleep patterns • Safe • Easy to use
- Doctor recommended

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