Affects of Fatigue on Communication

**In conversations / discussions cognitive “mental” tiredness will show itself as:**

* Taking longer to answer questions
* Taking longer to explain ideas
* Inability to make decisions
* Forgetting where you were in the conversation
* Forgetting what has been discussed already
* Confusing information and becoming muddled
* Difficulty finding words
* Not making sense
* Going off on different tangents
* Poor eye contact
* Increase in fidgeting
* More distracted
* Think what is happening afterwards, as you will be tired if you have been talking / listening

**PLAN -** **Choose times for**

* big discussions
* decision making
* planning

When you are fresh after a rest

* Late at night is detrimental for then it is hard to switch off and go to sleep
* Keep it short
* Stop and reschedule if any of the signs above are obvious
* Do not plan anything major if you know you’ve got a busy and / or a work day the next day