

# NIGHT FIT

Maximizing human performance

## What is Night Fit?

Night Fit is a cost-saving, productivity-enhancing strategy that contributes to improved health and safety levels, by enhancing sleep efficiency.

## Sleep and performance in 'high-hazard industries'

- People who are fatigued and sleepy think and move more slowly, make more mistakes, and may have difficulty thinking clearly. These effects reduce productivity and increase the risk of human errors and accidents.
- Excessively sleepy or fatigued workers are 70% more likely to be involved in accidents than well-rested and alert individuals.<sup>[1]</sup>
- Poor sleep results in significantly worse productivity, performance, and safety outcomes and are estimated to cost organizations €1700-1800/ employee / year.<sup>[2]</sup>

Sources:

[1] Swaen, et al., (2003). Fatigue as a risk factor for being injured in an occupational accident: Occupational and environmental medicine, 60, i88-i92

[2] Rosekind et al., (2010). "The cost of poor sleep: workplace productivity loss and associated costs. Occupational and Environmental Medicine

## Benefits

1

### Reduced fatigue related costs:

Enhancing sleep efficiency will result in increased productivity, performance, and safety outcomes. In addition, the sleep-related medical costs will be reduced. Note, poor sleep and fatigue cost organizations €1700-1800/ employee annually.<sup>[2]</sup>

2

### Improved performance and safety:

Improving sleep quality will – after the first night – lead to an increased focus, memory, and concentration. Moreover, it will help the employees to make high quality and split second decisions. In addition, human error risks will be reduced.

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### Increased health and wellbeing:

Increasing sleep quality will lead to a healthier appetite, an enhanced physical recovery, a better hormone function, and an improved immune function. Specifically, it will optimize health and overall wellbeing.

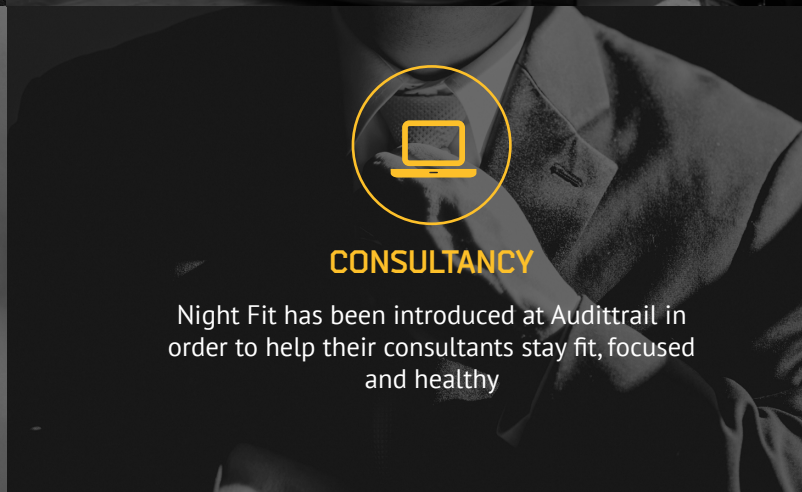
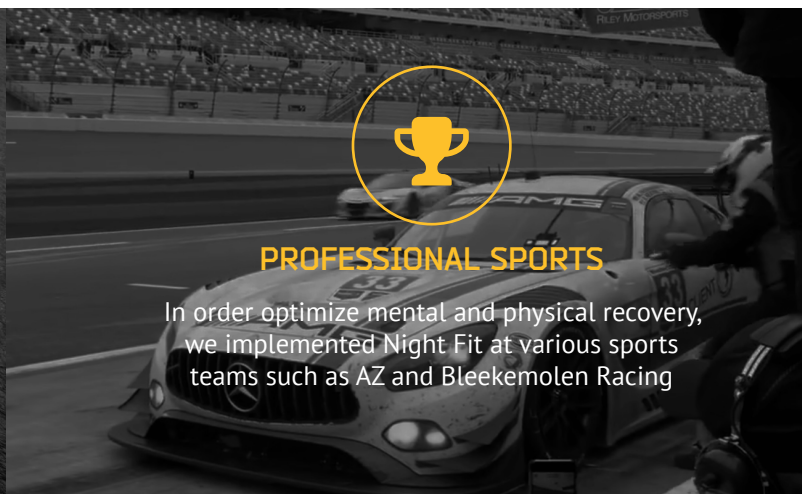
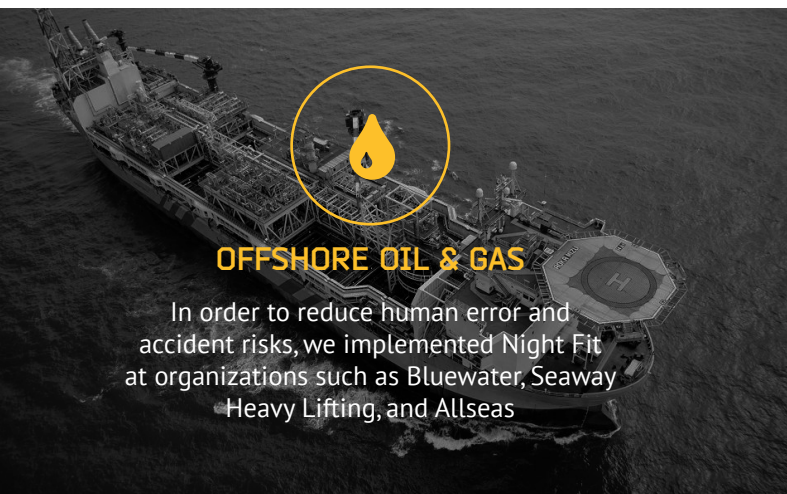
# A pro-active fatigue countermeasures approach

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The Night Fit method applies effective sleep enhancing strategies which help to increase the quality of sleep without the use of medication. One of these strategies employs timed light-exposure using special glasses and blue lights. High quality sleep helps our brain to function optimally. This will enable employees to be more productive and to make better decisions. Additionally, it will help to improve their mental and physical health. The Night Fit strategies are taught to the participants in two interactive (offshore) workshops.

## Our cases

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## Maximize human performance at your organization

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### Night Fit is implemented in three steps:

- I. Short (online) sleep questionnaire
- II. One or two interactive (offshore) workshops, including delivery and instructions of the Night Fit materials
- III. Evaluation report and presentation

## KM Human Factors Engineering