

Fitness For Work, Sleep Disorder & Fatigue Screening



Clinical consultation to identify the real cause of fatigue risk

Not all fatigue is caused by long hours. Many fatigue events are linked to poor sleep quality, circadian disruption, untreated sleep disorders, lifestyle factors, or inadequate recovery between shifts. This clinical screening consultation helps identify why a worker may be at increased fatigue risk and what the safest next steps should be.

Why this matters

This consultation helps separate “hours worked” from true sleep opportunity and biological fatigue risk, allowing companies to make informed, evidence-based decisions.

Possible outcomes

Sleep hygiene and recovery strategies, Home sleep apnea testing, GP referral support, Roster and fatigue countermeasure advice, Safe return-to-drive recommendations

Common reasons for referral

Guardian fatigue or distraction events, Repeated DDAW drowsiness warnings, Driver reports poor sleep, Persistent tiredness despite adequate hours off, Snoring or suspected sleep apnoea, Difficulty adjusting to shift work, Pre-employment fitness-for-work concerns, Near misses or fatigue-related incidents, Management concern around reduced alertness, Return-to-work following fatigue events

How the consultation works

1. Phone or video consultation with our clinical sleep specialist
2. Review of sleep quantity, quality, and timing
3. Assessment of work schedules, shift patterns, and recovery opportunity
4. Screening of key risk factors linked to sleep apnoea and fatigue vulnerability
5. Fatigue impact review for alertness, driving safety, and performance
6. Personalised recommendations and clear next-step pathway

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