

## Causes of fatigue

### Irregular sleep

short/shifting nights

### Information overload

too much to process

### Chronic stress

many tasks, uncertainty

### No real breaks

procrastination



### Shrink the tasks

concrete/realistic goals

### Lighten the load

low-complexity tasks

### Micro-breaks

5 min every 30-45 min

### Power naps

~20 min, not longer



## Effects on learning

### Attention loss

hard to focus, zone out

### Slower thinking

more mistakes

### Weaker memory

less consolidation

### Lower motivation

bad mood, no interest



### Regular sleep

7-9 h per night

### Screens away

30-60 min before sleep

### Physical activity

spend time in nature

### Plan early

anticipate deadlines



## Studying when tired

## Preventing fatigue

#CoCreatingGFI

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**Sources:** participants (students and university employees) of the workshop on *The influence of Fatigue on Learning*, conducted at the iEarth GeoLearning Forum 2025 in Bergen; Okano, K. *et al.* (2019). Sleep quality, duration, and consistency are associated with better academic performance in college students. *npj Sci. Learn.* **4**, 16; Alhola, P., & Polo-Kantola, P. (2007). Sleep deprivation: Impact on cognitive performance. *Neuropsychiatric Disease and Treatment*, **3**(5), 553–567.

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