

Staying Up Late, Getting Up Early

What keeps you up late in night, even if tomorrow's shift begins very, very early?

How many football fans will forego sleep to watch a bowl game or a professional playoff game this month or next?

Would an avid outdoorsman go hunting or fishing after finishing a night shift?

The Control Room Management Rule requires pipeline companies to provide an opportunity for eight hours of sleep for pipeline controllers who control and monitor hazardous liquids and gas pipelines.

What happens if controllers (and others who work rotating shifts or irregular hours) do not take advantage of that opportunity for sleep?

1. They will probably get sleepy.
2. They might be less alert.
3. They might be less attentive.
4. They might be more forgetful
5. They may omit steps in a procedure.
6. They may have a slip, lapse, or mistake.
7. They might make a serious error.
8. They might not respond correctly to an abnormal condition.
9. They might fall asleep.
10. They might work the shift without any problems at all.

Which of these outcomes might happen to you if you stay up late and get up early?



Olivia is an enthusiastic, exuberant child! Although she does not like to go to bed, her parents make sure that Olivia and her brother Logan get plenty of sleep every night. She gets up early, but she never stays up late. As a result, she functions better physically, mentally, and emotionally every day.

If you are a parent, you probably make sure your children get adequate sleep even if you do not get adequate sleep personally. Make a commitment to sleep for about 8 hours of every 24 hour day. What is beneficial for children is beneficial for you! Adults do not need as much sleep as children, but the majority of us need more hours of sleep than we get. Sleep more this year.

