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# Boost Energy: 2 Proven Ways to Combat Workplace Fatigue!

## Description

Many professionals often struggle with the feeling that there simply aren't enough hours in the working day, leading to fatigue. However, a recent study conducted by researchers at Wake Forest University, Virginia Commonwealth University (VCU), and Northeastern University in the US has revealed two effective strategies for combatting this issue: taking regular microbreaks and seeking support from a supervisor.

The researchers found that incorporating these two measures not only reduced end-of-day fatigue but also improved subsequent sleep quality and next-day energy levels. Interestingly, the combination of microbreaks and supervisor support proved to be the most powerful in combating tiredness.

The study involved surveying 44 accountants about their work habits and conducting a controlled experiment on fatigue and microbreaks with 179 participants. Both microbreaks and supervisor support were shown to significantly alleviate fatigue, particularly during high-stress periods such as busy seasons.

In addition to reducing fatigue, microbreaks were also found to enhance accuracy during audits, which typically suffer under pressure. The researchers emphasized the importance of firms implementing strategies to enhance employee well-being and audit quality, ultimately creating a more sustainable and productive work environment.

Effective microbreaks can be as brief as a minute and could involve activities like reading a short article, grabbing a coffee, or doing some quick stretches. Supervisor support may entail checking in with employees, offering assistance, and expressing appreciation for their efforts.

While many workers may have limited control over their managers' actions, they can take charge of their fatigue levels by incorporating brief moments of downtime into their workload. By following these strategies, professionals can better manage their well-being and productivity in demanding work environments.

The findings of this research have been detailed in the publication *Contemporary Accounting Research*.

## CATEGORY

1. Health - LEVEL5

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