259621 Workplace Assignments

**INSTRUCTIONS**

* In this section you are required to either attach written evidence relating to one of the tasks within your Practical Assessment as Product Sample
* Complete a project, self-assessment, case study or other task relating to any one of the Specific Outcomes of the unit standard.
* Each outcome that requires evidence is listed below – kindly file all your substantiating evidence.

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| **Activity Details** | **SO** | **Requirements** |
| Project 1 | SO1 & SO2 | Conduct a bit of research into the effects of specific medical conditions and prescribed medication and how these have an impact on sleep patterns. |
| **Activity Details** | **SO** | **Requirements** |
| Project 2 | SO1 | Discuss ways of managing fatigue. |
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