

Shift Work

SLEEP TIPS

Shift workers often sleep up to 4 hours less in a 24-hour period than those working a traditional schedule, increasing the risk of injuries, accidents and drowsy driving. Here are some tips to improve sleep and alertness.

Maximize your sleep for optimal productivity and safety on the job.

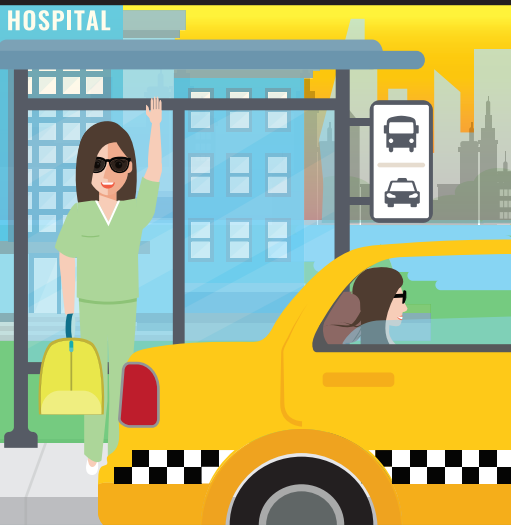
At Work

Take a 20- to 30-minute nap during a work break. Use moderate amounts of caffeine only in the early part of your shift.



Get some exercise and eat light, healthy meals and snacks during your shift. Keep the work environment brightly lit.

Commute



After a night shift, wear sunglasses or amber-tinted glasses when outside. To reduce the potential for drowsy driving, get a ride, take a cab or public transit, or use a ridesharing service. Avoid caffeine.

Before Bed

Prioritize your sleep: avoid running errands or doing chores after your shift. Never use alcohol as a sleep aid. Turn off mobile devices before going to bed. Alter your bedtime a few days in advance of a change in your work shift. Use an online bedtime calculator to help find your ideal bedtime.



Bedtime

Keep your bedroom cool and dark. Try using earplugs, a white noise machine, an eye mask, or blackout curtains or shades. Sleep 7 or more hours on a regular basis.

