

GETTING ADEQUATE SLEEP AND REST WHEN **WORKING** *Night Shifts*

TIPS TO GET ENOUGH SLEEP

Stick to a sleep schedule.



Maintain a dark and quiet environment and ambient temperature in your bedroom.

If it's noisy outside, try using white noises or music to mask it.



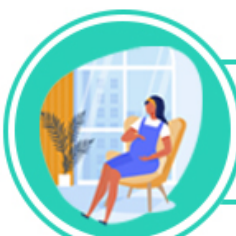
Take a warm bath, or read a book to relax before sleeping.

Take a light meal or snacks to avoid sleeping hungry.



Avoid electronic devices and switch off your phone if taking calls is not necessary.

TIPS TO REST AND CONSERVE ENERGY



Avoid working continuously and take small breaks.

Try taking a 20-minute nap during working hours.



Make use of off days to rest and conserve energy.

Seek help from your spouse or family members for household chores.



References

1. Hints and tips for shift-workers; HSE
2. How To Set a Night Work Sleep Schedule; Sleep Foundation
3. How to Work the Night Shift and Stay Healthy: 12 Tips; University of St. Augustine for Health Sciences