

Shift Work

SLEEP TIPS

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

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.

At Work

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.

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.