### Shift Work Sleep Disorder

- Most shift workers try to return to their normal schedule on off days.
- Many fall asleep quickly but are unable to maintain sleep—leading to insufficient sleep.
- It is easier to delay sleep than advance it.
- Clockwise shift rotations are more beneficial to workers than counterclockwise rotations.

Night shift workers usually sleep 1 to 4 hours less per day than daytime workers.

#### Before Your Shift
- Take a 30-minute nap, and drink caffeine.
- If possible, time naps to coincide with periods of increased sleepiness (i.e., between 2 to 5 pm for a 7 pm shift).

#### During the Shift

**First Half**
- Bright light – 10,000 lux at 1 to 2 feet from face for 2 hours
- Low doses of caffeine

**Second Half**
- Avoid stimulants – prevent disrupting sleep initiation in the morning
- Operational naps – short (<30 min)

#### After Your Shift
- Wear UV-blocking goggles on the ride back home.
- Block outside noise during daytime sleep: white noise, ear plugs.
- Sleep in a darkened room (or wear an eye mask).
- Do not go to bed hungry.
- Turn off phone ringer, disconnect alarms, put up do not disturb signs.

### On Your Days Off

**Delayed sleep schedule that partially overlaps with work schedule (~3 am to 10 am – 11 am)**

<table>
<thead>
<tr>
<th>Shift Timing</th>
<th>Sleep Timing - Nap Before and Sleep Schedule After</th>
</tr>
</thead>
<tbody>
<tr>
<td>On 7 pm – 7 am</td>
<td>Nap at 5 pm (30 mins) and sleep 9 am – 3 pm</td>
</tr>
<tr>
<td>On 7 pm – 7 am</td>
<td>Nap at 5 pm (30 mins) and sleep 9 am – 3 pm</td>
</tr>
<tr>
<td>Day off</td>
<td>Sleep 3 am – 10 am</td>
</tr>
<tr>
<td>Day off</td>
<td>Sleep 2 am – 9 am</td>
</tr>
<tr>
<td>On 7 pm – 7 am</td>
<td>Nap at 5 pm (30 mins) and sleep 9 am – 3 pm</td>
</tr>
</tbody>
</table>

**TIPS**
- Medications (e.g., melatonin, modafinil) can help with sleep or wakefulness.
- Contact a sleep specialist if you think you have shift work sleep disorder.
- Remember: Do not drive sleepy!

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Last updated November 21, 2023
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