Maximizing #SleepHealth for Shift Workers

1 in 3 shift workers have significant sleep-wake disturbances.

- **Regularize sleep schedule**
  - Even during NON-SHIFT DAYS

- **Improve daytime sleep**
  - Light control – sunglasses when outside + dark blinds in the bedroom
  - Noise and temperature control
  - Avoid post night shift caffeine

- **↑ Night shift wakefulness**
  - Strategic naps of <60 minutes (if feasible)
  - Try caffeine during first half of the night
  - Maintain a well-lit work environment

- **Discuss medications**
  - If these measures are not sufficient, WAKE--PROMOTING or SLEEP-PROMOTING medications may be needed.