

Maximizing #SleepHealth for Shift Workers



1 IN 3

**SHIFT WORKERS
HAVE SIGNIFICANT
SLEEP-WAKE DISTURBANCES**



✓ Regularize sleep schedule

Even during NON-SHIFT DAYS

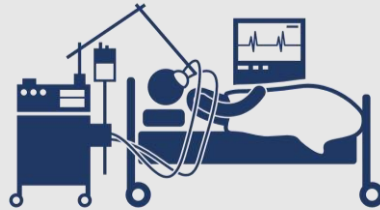


✓ Improve daytime sleep

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