

# 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.