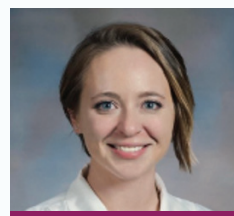


SHIFT WORK SLEEP DISORDER

Insufficient sleep + insomnia + poor sleep quality on work and off days

- 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.



HOW IT STARTED

BEFORE YOUR SHIFT

- ✓ Take a 30-minute nap, and drink caffeine.
- ✓ If possible, time naps to coincide with periods of increased sleepiness (*ie, between 2 to 5 pm for a 7 pm shift*).

DURING THE SHIFT

FIRST HALF

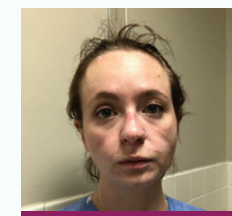
Bright light – 10,000 lux at 1 to 2 feet from face for 2 hours

Low doses of **caffeine**

SECOND HALF

Avoid stimulants – prevent disrupting sleep initiation in the morning

Operational naps – short (<30 min)



HOW IT'S GOING

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)

SHIFT TIMING	SLEEP TIMING - NAP BEFORE AND SLEEP SCHEDULE AFTER
On 7 pm – 7 am	Nap at 5 pm (30 mins) and sleep 9 am – 3 pm
On 7 pm – 7 am	Nap at 5 pm (30 mins) and sleep 9 am – 3 pm
Day off	Sleep 3 am – 10 am
Day off	Sleep 2 am – 9 am
On 7 pm – 7 am	Nap at 5 pm (30 mins) and sleep 9 am – 3 pm



- Medications (eg, 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!**