



Shift Work Sleep Tips

Shift work can be challenging, especially when it comes to getting restful sleep. This is particularly true for those working nights, early mornings, or rotating shifts. Follow these tips to improve your sleep.



Make Use of Natural Light or Well-Lit Work Space

Whether outdoors or in an office, proper lighting—natural or artificial—helps maintain focus, reduce fatigue, and supports your circadian rhythm.



Consider Sunglasses and Your Sleep Environment

After a night shift, wearing sunglasses reduces bright light exposure, making it easier to sleep. Creating a dark, quiet, and cool environment also promotes better rest and recovery.



Be Mindful of Your Caffeine Consumption

Manage your caffeine intake by consuming it earlier in your shift to prevent sleep disruption.



Avoid Alcohol and Large Meals Before Bed

To promote better rest and prevent disruptions, avoid alcohol and large meals two hours before bedtime.



Reduce Stress and Your Anxiety

Reading, listening to music, stretching, or practicing mindfulness, meditation, or deep breathing before bed can improve relaxation and sleep quality.



Use the Hour Before Bed to Relax

Prepare for bed by avoiding stimulating activities like intense exercise, hot showers, or using electronic devices during the hour before sleep.