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.

**Commute**
- 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.
- At Work: Get some exercise and eat light, healthy meals and snacks during your shift. Keep the work environment brightly lit.
- 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.
- 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.

**SLEEP TIPS**
- **Shift Work**
  - 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.
  - Bedtime: Use moderate amounts of caffeine only in the early part of your shift.