#sleepworks4you

Maximize your sleep for optimal productivity and safety on the job.

Shift

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

SLEEP TIPS

Take a 20- to 30-minute nap during a work break. Use moderate amounts of caffeine only in the early part of o your shift.

At Work Get some exercise and eat light, healthy meals and snacks during your shift Keen

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.

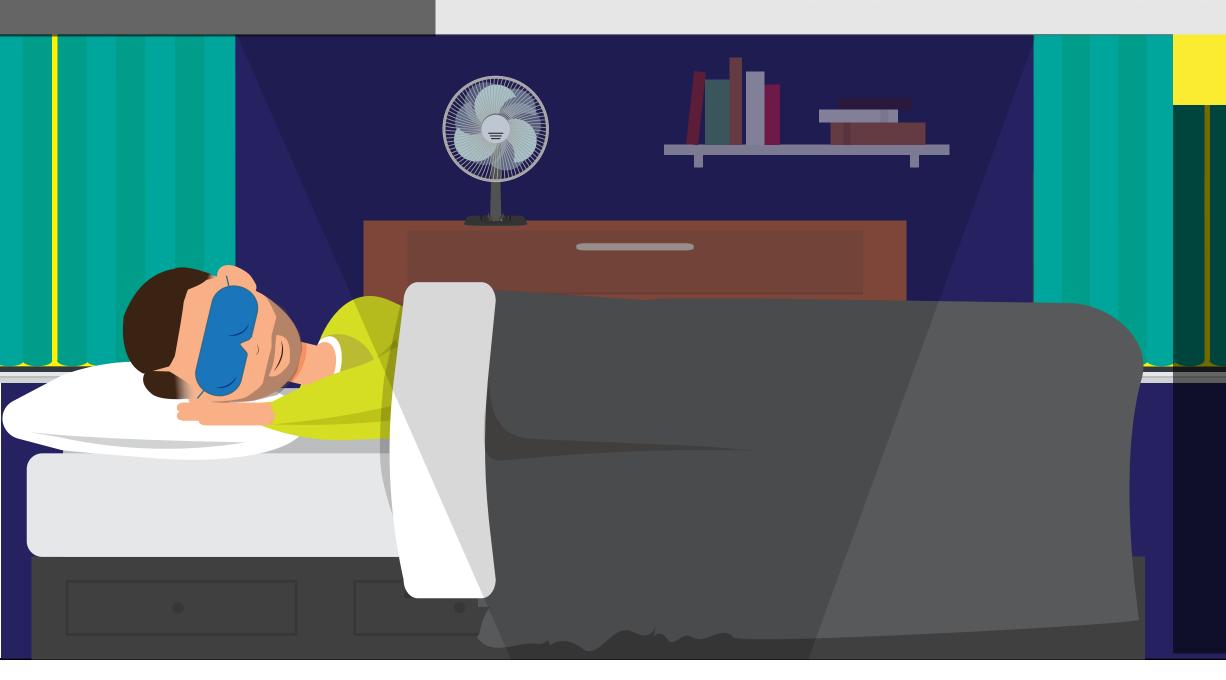
Before Bed

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.

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SLEEP MEDICINE



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.



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