

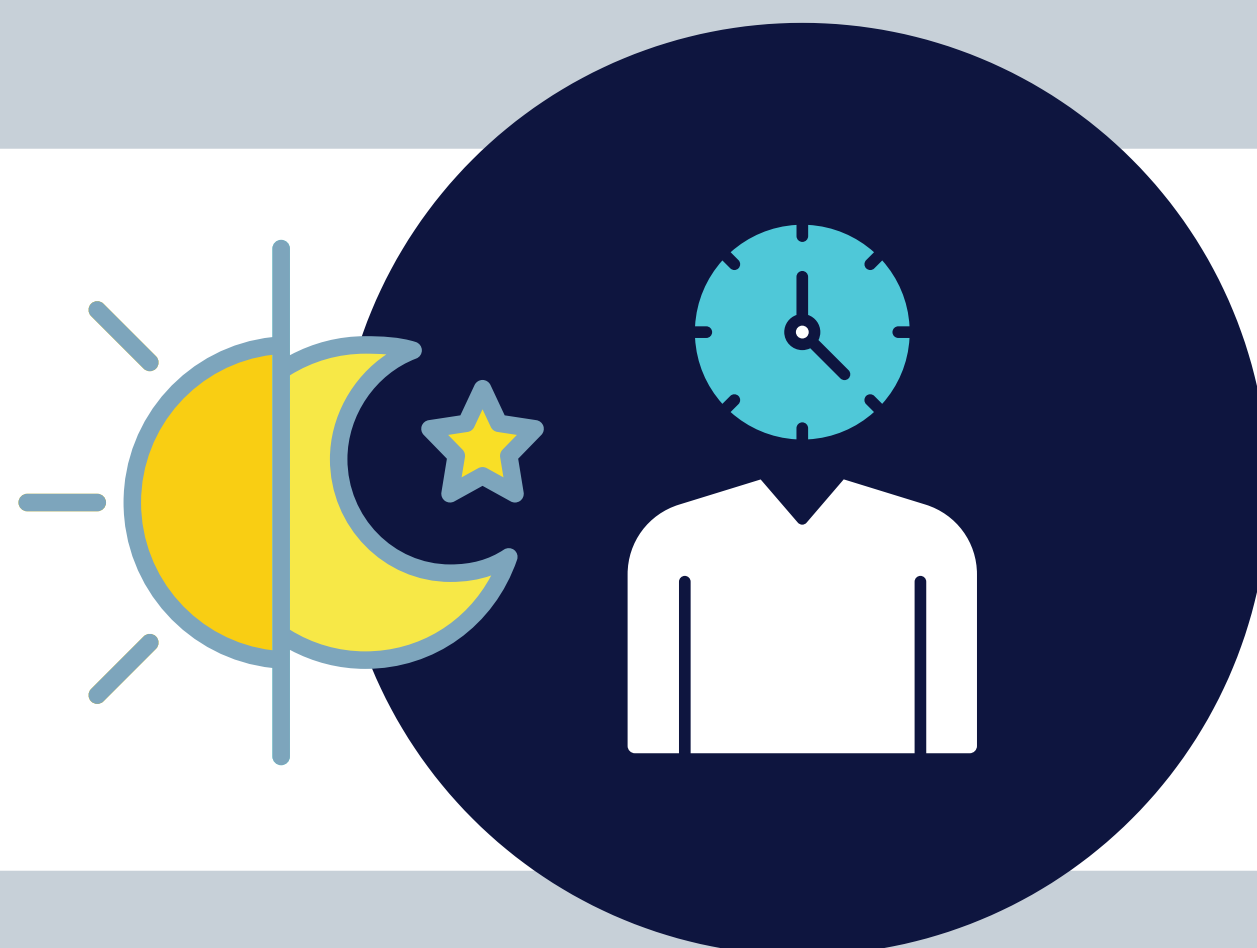
Adapting to a shift work sleep schedule

Maintain a consistent sleep-wake ratio.

This is very important when working nights and completing shift work. Try and maintain a similar sleep-wake ratio both when you are on shift and on your days off.

Find what works for you.

Some individuals who work shifts prefer to stay up for a few hours after their shift, rather than going straight to bed. This can allow you to wake up to a time closer to the start of your next shift, helping to maintain a routine. Other shift workers find a 'split-nap' sleeping schedule to be more beneficial. This involves splitting sleep into two segments across a 24 hour period. For example, try napping for a few hours after initially coming back from a shift and then sleeping again, perhaps for longer, later in the day in the hours leading up to your next shift.



Light and noise may make it difficult to sleep during the day. Close the curtains or blinds and try sleeping with an eye mask and ear plugs, to help get to sleep easier and stay asleep for longer.

Classical music, ocean sounds and white noise are good blockers of noise and can help you fall asleep. Here are some [apps](#) that may be helpful to you.

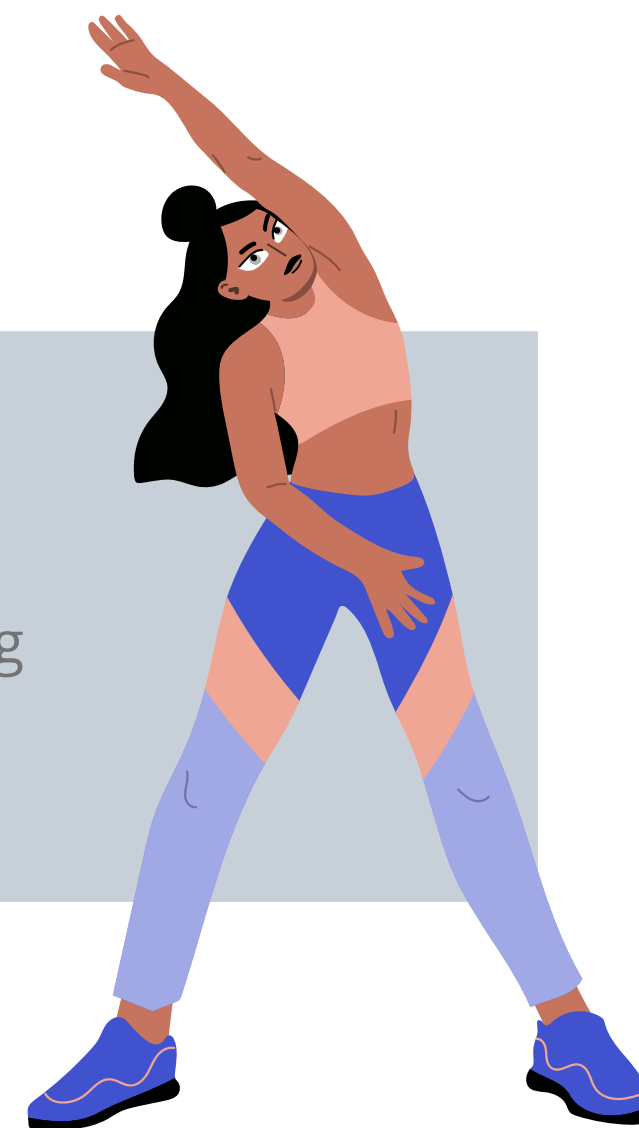
Sleeping in the day



Staying awake while on shift

Get the blood pumping.

If you have enough time during a break, try and go for a short walk, jog or consider doing 5-10 jumping jacks. This gets your blood pumping, resetting and waking up your brain with a small energy boost.



Have caffeine - in moderation.

Small amounts of caffeine every two hours while working shifts can provide an effective energy boost. However, be mindful not to consume caffeine before going to sleep.



Take a 'power nap'.

It has been suggested that having a short power nap, between 10 and 20 minutes long, can be a good way to boost energy and feel refreshed.

