

Sleep and working in shifts



Why is sleep important?

- ✔ **Physical recovery**
Restorative function for the body and its energy use
- ✔ **Increased resistance**
Creation of antibodies → protect against bacteria, viruses and allergies
- ✔ **Cognitive function**
Processing information and ordering events
- ✔ **Emotions and stress**
Less irritable and emotional & better able to deal with stress

Day of first night shift



Do not set an alarm, sleep late



Get high-quality sleep



Sleep one to two hours before your night shift

During the night shift



Avoid quick sugars and heavy, fatty meals



Stay active

Last hours of the night shift



Avoid caffeine and nicotine



Limit blue light (screens) and bright daylight

Days between the night shifts



Your bedroom should be dark, quiet, well ventilated and cool



Deal with your stress before going to bed



Seek out daylight and limit bright light in the evening



Little sleep is better than no sleep

Re-establishing sleep after a night shift



Immediately after the last shift, sleep \pm 2 hours



Be active outdoors



Seek out daylight



Bedtime = Biorhythm

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