

REOOSHIFT

YOUR SLEEP

[Shift Worker] ANYONE WHO WORKS OUTSIDE THE TRADITIONAL 9 A.M. TO 5 P.M. WORKDAY.

IN AN EFFORT TO MEET THE DEMANDS OF A
24-HR.
ECONOMY

America has become increasingly dependent upon shift workers, placing millions of Americans at risk for serious health issues.

ABOUT

10%

of those who work shift hours will also develop **Shift Work Sleep Disorder (SWSD)**, which is characterized by excessive sleepiness while awake and the inability to fall asleep when needed.



MIMIC BODY'S NATURAL RHYTHM

Set specific wake and sleep hours that work well with your shift. The NSF recommends adults get seven to nine hours of sleep each day and that shouldn't change for shift workers.

Create a sleep environment that feels like it would at night.

This means a room that is dark, quiet and has as little disruption as possible from the outside world.



USE STIMULANTS WISELY

Caffeine can be helpful in preparing for a night shift, but be careful not to drink it within four hours of your scheduled sleep time. Therefore, if your bedtime is 6 a.m. don't drink coffee around 4 a.m.



LET LIGHT REFLECT YOUR SCHEDULE

Keep work environments as bright as possible during the night. It will be difficult to stay alert when working in dim surroundings at night. Likewise, keep light as limited as possible during the day. Wear sunglasses on the way home and keep shades closed once you get there.



EASE INTO SHIFTS

Shift work also includes individuals who may work at night for a couple of days and then switch back to day hours. This can be especially tricky and requires careful planning. Plan a two-day break between such radical shift changes. This will help their body ease into the change.

For more information on shift work sleep disorder, visit premierhealthnet.com/familyhealth

SOURCES: Mark Ringle, MD, Beaver Creek Family Physicians; National Sleep Foundation (NSF); International Classification of Sleep Disorders