WANT BETTER SLEEP?

Control Your Sleep Environment

Remove disturbances like phones, turn off all screens, use earplugs, install blackout curtains on your windows, cool the room temperature.

Use Caffeine Strategically

Consume it early in your night shifts. This includes coffee, tea, chocolate and many soda pops! Limit caffeine 6-8hrs before sleep.

Make Sleep a Priority in your Household

Above all, you need sleep to be happy and healthy, so catch up on your sleep before chores, errands and fun! Make sure your family is on board with this.

WANT BETTER SLEEP?

TIPS FOR THE SHIFT-WORKER

Sources:

Control Your Sleep Environment

https://sleepanddreams.com/?p=207

Use Caffeine Strategically

https://sleepanddreams.com/?p=207

Make Sleep a Priority in your Household

https://css-scs.ca/resources/brochures/night-shift-workers

https://sleepanddreams.com/?p=4453