

WAKE UP!

HOW TO MANAGE SLEEP INERTIA

ALLOW RECOVERY TIME

Try to wait at least 20 minutes before engaging in tasks that require attention, decision-making, or are safety-critical.



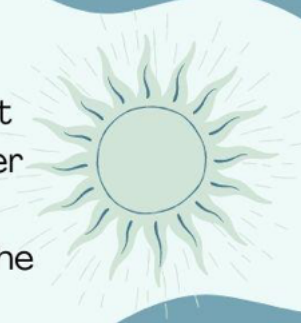
PRE-PLAN IF YOU CAN

Getting adequate sleep, planning naps for daytime hours, keeping naps short (<30min) can help to minimize sleep inertia symptoms.



RISE AND SHINE

Research suggests that bright light can help to promote alertness after waking at night. More research is needed to see if this is feasible in the workplace!



RISK MANAGEMENT

Even with proactive and reactive strategies, sleep inertia may still impair performance, so it's best to cross-check your work with a co-worker!



WATCH THIS SPACE!

Research is ongoing to better understand the causes of, and countermeasures to, sleep inertia!



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Hilditch & Vincent (2022) Waking up to the call: fighting grogginess after sleep.
Sleep Research Society Public Education Papers.

<https://sleepresearchsociety.org/wp-content/uploads/2023/01/Waking-up-to-the-call-fighting-grogginess-after-sleep.pdf>