



The below diagram describes a sleep strategy, based on the evidence included in the article by Helen McKenna and Matt Wilkes. It is supported by their wider reading and discussions with experts in the field, although they note that quality of evidence is low. They offer this as a starting point from which to develop your own sleep strategy.

Day of first night shift Goal: minimise sleep debt

-  Sleep until you wake naturally (don't set an alarm)
-  Avoid a morning coffee
-  Take a 90-minute nap to complete one sleep cycle, between 2–6pm

During night shift Goal: improve performance

-  Stay active
-  Take naps of 10-20 minutes during the early part of the shift
-  Take caffeine before napping but make that the last caffeine of the night
-  Prescription wakefulness agents are likely effective but associated with side-effects
-  Eat lightly and to comfort
-  Build in checks during critical tasks to mitigate against reduced alertness performance

Last few hours and way home

-  Avoid caffeine and nicotine
-  Try to avoid exposure to bright light (wear sunglasses even on a cloudy day)
-  Consider public transport rather than driving

Days between night shifts Goal: minimise sleep debt

-  Try to get to sleep as early as possible
-  Before trying sleep, avoid bright lights, screens, alcohol
-  Sleep in a quiet, darkened, room
-  Accept that any sleep is better than none (even fragmented or shortened sleep) and maximise sleep time

Resetting after night shifts Goal: re-establish normal sleep rhythm

-  Attempt 90 or 180-minute nap immediately following the shift
-  Go outside after waking
-  Aim to go to bed close to the normal time
-  Avoid daytime napping in the subsequent days

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Expert Sleep Hygiene Tips Usa For Workers

Xiang Xie



Expert Sleep Hygiene Tips Usa For Workers:

Reviewing **Expert Sleep Hygiene Tips Usa For Workers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Expert Sleep Hygiene Tips Usa For Workers**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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