



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

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

Additional note: Prescription wakefulness agents are likely effective but associated with side-effects.

Additional note: Eat lightly and to comfort.

Additional note: Build in checks during critical tasks to mitigate against reduced alertness performance.

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 episodes) 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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Table of Contents Quick Sleep Hygiene Tips Usa For Workers

1. Understanding the eBook Quick Sleep Hygiene Tips Usa For Workers
 - The Rise of Digital Reading Quick Sleep Hygiene Tips Usa For Workers
 - Advantages of eBooks Over Traditional Books
2. Identifying Quick Sleep Hygiene Tips Usa For Workers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Quick Sleep Hygiene Tips Usa For Workers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Quick Sleep Hygiene Tips Usa For Workers
 - Personalized Recommendations
 - Quick Sleep Hygiene Tips Usa For Workers User Reviews and Ratings
 - Quick Sleep Hygiene Tips Usa For Workers and Bestseller Lists
5. Accessing Quick Sleep Hygiene Tips Usa For Workers Free and Paid eBooks

- Quick Sleep Hygiene Tips Usa For Workers Public Domain eBooks
 - Quick Sleep Hygiene Tips Usa For Workers eBook Subscription Services
 - Quick Sleep Hygiene Tips Usa For Workers Budget-Friendly Options
6. Navigating Quick Sleep Hygiene Tips Usa For Workers eBook Formats
 - ePub, PDF, MOBI, and More
 - Quick Sleep Hygiene Tips Usa For Workers Compatibility with Devices
 - Quick Sleep Hygiene Tips Usa For Workers Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Quick Sleep Hygiene Tips Usa For Workers
 - Highlighting and Note-Taking Quick Sleep Hygiene Tips Usa For Workers
 - Interactive Elements Quick Sleep Hygiene Tips Usa For Workers
 8. Staying Engaged with Quick Sleep Hygiene Tips Usa For Workers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Quick Sleep Hygiene Tips Usa For Workers
 9. Balancing eBooks and Physical Books Quick Sleep Hygiene Tips Usa For Workers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Quick Sleep Hygiene Tips Usa For Workers
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Quick Sleep Hygiene Tips Usa For Workers
 - Setting Reading Goals Quick Sleep Hygiene Tips Usa For Workers
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Quick Sleep Hygiene Tips Usa For Workers
 - Fact-Checking eBook Content of Quick Sleep Hygiene Tips Usa For Workers
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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