



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

Peipei Pang



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Working At Night Ger Duijzings, Lucie Dušková, 2022-10-03 The night represents almost universally a special liminal or out of the ordinary temporal zone with its own meanings possibilities and dangers and political cultural religious and social implications Only in the modern era was the night systematically colonised and nocturnal activity normalised in terms of industrial labour and production processes Although the globalised 24 7 economy is usually seen as the outcome of capitalist modernisation development and expansion starting in the late nineteenth century other consecutive and more recent political and economic systems adopted perpetual production systems as well extending work into the night and forcing workers to work the night shift normalising it as part of an alternative non capitalist modernity This volume draws attention to the extended work hours and night shift work which have remained underexplored in the history of labour and the social science literature By describing and comparing various political and economic regimes it argues that from the viewpoint of global labour history night labour and the spread of 24 7 production and services should not be seen only and exclusively as an epiphenomenon of capitalist production but rather as one of the outcomes of industrial modernity

The Essential Guide to Women's Sleep Dr Sarah Gilchrist, 2025-10-21 Maintaining good sleep is a crucial yet often underrated pillar of a person's wellbeing and general health Despite this there is limited guidance on how and why the various phases women experience in their lifetime may impact their quality of sleep and what can be done to improve it This practical and accessible guide for health professionals introduces the concept of female sleep health across the lifetime including key stages such as menstruation fertility working life birth perimenopause and menopause It also addresses sleep disorders pain and the impact poor sleep may have on mental health Readers will benefit from practical and detailed strategies on improving sleep guidance on sleep aides and technology and signposts to when clinical intervention is needed

A Guide to Treatments that Work Peter E. Nathan, Jack M. Gorman, 2015 Cognitive behavioral treatment of obsessive compulsive disorder Martin E Franklin Edna B Foa Pharmacological treatment of obsessive compulsive disorder Darin D Dougherty Scott L Rauch Michael A Jenike Psychopharmacological treatment of post traumatic stress disorder Julia A Golier et al Psychosocial treatments for posttraumatic stress disorder Lisa M Najavits Psychotherapy and pharmacotherapy for sexual dysfunctions Emmanuelle Duterte Taylor Segraves Stanley Althof Treatments for pathological gambling and other impulse control disorders Jon E Grant Marc N Potenza Treatment of eating disorders G Terence Wilson Christopher G Fairburn Treatments for insomnia and restless legs syndrome Douglas E Moul et al Psychological treatments for personality disorders Paul Crits christoph Jacques P Barber Psychopharmacological treatment of personality disorders Harold W Koenigsberg Ann Marie Woo ming Larry J Siever Combination pharmacotherapy and psychotherapy for the treatment of major depressive and anxiety disorders Cindy J Aaronson Gary P Katzman Jack M Gorman

Peak Performance Brad Stulberg, Steve Magness, 2017-06-06 A transfixing book on how to sustain peak performance and avoid burnout Adam Grant New York Times bestselling author of Option B

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