



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 Last few hours and way home

-  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
-  Avoid caffeine and nicotine
-  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
-  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 light**, **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

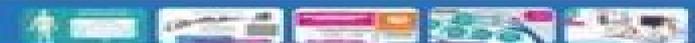
Resetting after night shifts Goal: re-establish normal sleep rhythm

-  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

thebmj [Read the full article online](http://bit.ly/BMJsleep) <http://bit.ly/BMJsleep>

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Table of Contents Ultimate Sleep Hygiene Tips Usa For Workers 35253

1. Understanding the eBook Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - The Rise of Digital Reading Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Advantages of eBooks Over Traditional Books
2. Identifying Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - 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 Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Personalized Recommendations
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 User Reviews and Ratings
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 and Bestseller Lists
5. Accessing Ultimate Sleep Hygiene Tips Usa For Workers 35253 Free and Paid eBooks
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 Public Domain eBooks
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 eBook Subscription Services

- Ultimate Sleep Hygiene Tips Usa For Workers 35253 Budget-Friendly Options
- 6. Navigating Ultimate Sleep Hygiene Tips Usa For Workers 35253 eBook Formats
 - ePub, PDF, MOBI, and More
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 Compatibility with Devices
 - Ultimate Sleep Hygiene Tips Usa For Workers 35253 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Highlighting and Note-Taking Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Interactive Elements Ultimate Sleep Hygiene Tips Usa For Workers 35253
- 8. Staying Engaged with Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ultimate Sleep Hygiene Tips Usa For Workers 35253
- 9. Balancing eBooks and Physical Books Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ultimate Sleep Hygiene Tips Usa For Workers 35253
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Setting Reading Goals Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - Fact-Checking eBook Content of Ultimate Sleep Hygiene Tips Usa For Workers 35253
 - 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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