



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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Pro Sleep Hygiene Tips Usa For Workers:

Publication Catalog of the U.S. Department of Health and Human Services ,1981 The Successful Health Care Professional's Guide Philip K. Louie,Michael H. McCarthy,Todd J. Albert,2022-04-26 The goal of this concise guide is to provide a resource of non medical skills and practices that have been shown to help healthcare trainees reach their peak performance There are many aspects of the healthcare education and training process that are necessary for excelling preparing for the next stage and thriving at the level of the trainee s end goal However certain additional skills and principles are essential in reaching peak performance during training career and life Often overlooked in formal training these skills and principles can be found in a range of areas including leadership goal setting mentorship relationships skills training stoicism and financial planning to name just several All are critical in medical career development but learning these skills and principles often requires searching through numerous resources to aquire the needed information Having completed the rigorous training involved in these professions the accomplished chapter authors of this easy to read title offer insightful key points and tangible action items in each section geared specifically to the trainee and their training education In addition authors from various non medical sectors and professional backgrounds have contributed their expertise to this compendium giving the book important interdisciplinary coverage An invaluable and timely contribution to the health career development literature The Successful Health Care Professional s Guide will be of great interest to medical students residents fellows and all allied health professionals looking to develop the most successful and fulfilling career possible **Professional Safety** ,2000 **Journal of the House of Representatives of the United States** United States. Congress. House,2006 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House **United States Code Annotated** United States,2007 *The New Harvard Guide to Women's Health* Karen J. Carlson,Stephanie A. Eisenstat,Terra Diane Ziporyn,2004-04-30 With complete information on women s health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers **Municipal Ordinances, Rules, and Regulations Pertaining to Public Health Adopted 1910-1914 by Cities of the U.S. Having a Population of Over 10,000 in 1910** United States. Public Health Service,1915 Pacific Record of Medicine and Pharmacy ,1895 **Country Guide and Nor'west Farmer** ,1925 *The Survey* ,1930 *Social Work* ,1983 The Journal of the National Education Association National Education Association of the United States,1929 Continent ,1919 **The Medical Examiner and General Practitioner** ,1905 Child-welfare Magazine ,1923 Jungle need and home help, ed. by mrs. M. Baxter Jungle need,1900 **Journal of Health, Physical Education, Recreation** ,1930 *Canadian Medical Association Journal* Canadian Medical Association,1928 *Medical and Professional Woman's Journal* ,1930 Bureau Publication (United States. Children's Bureau). ,1930

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