Fatigue Management for Shift Workers during COVID-19 Response Efforts for Shift Workers

**Before First Shift:**
- Maximize Pre-Shift Sleep
  - Wake up naturally without an alarm
  - Avoid stimulants upon or shortly after waking
  - Nap shortly before shift
  - Exercise closer to start of shift

**During Shift:**
- Enhance Performance
  - Stay Active
  - Short naps, when appropriate, can boost alertness
  - Caffeine immediately prior to a nap may boost performance

**End of Shift & Way Home:**
- Start to Prepare for Sleep
  - Take only enough stimulants to complete duties
  - Limit exposure to bright light, wear eye protection
  - Use caution when operating a personal vehicle

**Once Home:**
- Fall Asleep Quickly
  - Avoid nicotine, caffeine, screen time, exercise and exposure to bright light
  - Go to bed as soon as you can

**Maintenance Between Shifts:**
- Maximize Post-Shift Sleep
  - Avoid bright light immediately following shift
  - Attempt sleep as close to getting home as possible
  - Sleep in a dark, cool, quiet space
  - Accumulate as much sleep as possible, even if fragmented
  - Maintain workday sleep/wake schedule on off days*

**Resetting After Shift:**
- Re-establish Normal Sleep Patterns
  - Take a 60-90 minute nap following shift
  - Get bright light exposure during the day
  - Avoid naps too close to normal bed time
  - Go to bed close to normal time

*The Unique Challenges Faced by Night Shift Workers
- Always fighting against the alerting properties of daylight
- Obtaining consolidated sleep during the day
- Spending time with family and friends
- Maintaining societal engagement in a world that operates during the day

Training for Healthcare Professionals on Shift Work and Long Work Hours
Working the Night Shift: Preparation, Survival and Recovery