

FATIGUE MANAGEMENT FOR SHIFT WORKERS DURING COVID-19 RESPONSE EFFORTS- FOR SHIFTWORKERS



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

DRINK ONE 8OZ CUP OF COFFEE IMMEDIATELY PRIOR TO A 10-15 MIN NAP TO MAXIMIZE THE ALERTING EFFECTS OF THE NAP

Eat smaller, light meals and avoid sugary foods

Be aware of unwanted side effects from stimulants

Build in checks during critical tasks to test 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