



Night Health & Nutrition

Staying Healthy at every hour

Sleep Better

- Limit caffeine, and **stop drinking** caffeinated beverages at least 4 hours before the end of your shift.
- Eat lightly for the last 1-2 meals before your bedtime.
- Establish a bedtime routine. Example: wash face, brush teeth and relax with a quiet activity.
- Use blackout curtains, lower your thermostat and play white noise to help you sleep soundly.
- Keep a regular sleep schedule and get in at least 7 hours of sleep.
- Be active during the day – exercise during the early part of your day will help you sleep better later.

Work Better

- Get up and move around to keep your internal temperature up and your body active.
- Break up the shift into completing shorter tasks.
- Stay hydrated and aim to drink at least 32-48 oz of water during your shift.

Eat Better

- Establish a **regular** meal schedule.
- Have your largest and highest protein meal as your **1st meal of the day**, before your shift.
- **Avoid high fat and high sugar foods** during your shift which will cause you to feel groggy. Examples: candy bars, chips, fried or fast foods, pizza, regular soda.
- Make **high fiber, low fat foods the focus** of your meals during your shift. Examples: fruits, veggies, whole grains (popcorn, whole grain cereal or crackers, granola bars), pretzels and low fat dairy.

