



A Night Shifter's Day



3-4 hours before shift: Wake Up

| You should... | You shouldn't... |
|---------------------------------------|--|
| Exercise 30-60 minutes Run errands | Go straight from bed to work. Get some activity in to help wake your body up |
| Consume your largest meal of the day | Skip Breakfast |

First 4 hours of your shift: Using your energy

| You should... | You shouldn't... |
|--|--|
| Accomplish longer/quieter tasks during this time Eat a light meal or snack with lean protein, fruits, veggies or whole grains | Save desk work until the end |
| Pace yourself with caffeinated beverages | Eat a heavy, high fat, high carbohydrate meal Guzzle coffee, soda, tea, energy drinks |

Second 4 hours of your shift: Staying alert

| You should... | You shouldn't... |
|---|--|
| Break duties down into 15-30 minute tasks | Do the same task for 90 + minutes |
| Take short walks around your work area; move every 15-30 minutes | Stay seated/rested for too long |
| Drink hot, caffeine free beverages to keep your body temperature up | Drink caffeine – it can stay in your system for 8 hrs and will affect sleep later on |

After your shift: Getting rest

| You should... | You shouldn't... |
|--|---|
| Establish a bedtime routine | Exercise (or other high energy activities) – as it can keep you from falling asleep |
| Have a light, mostly carbohydrate snack (cereal and milk or toast and fruit) | Eat a heavy, high protein meal |