

LIFESTYLE CHANGES TO IMPROVE ALERTNESS AT WORK

LIMIT LIGHT BEFORE BED

Light and dark can alter your body's melatonin. To reduce light before bed you can limit your screen time, have blackout shades/curtains, and wear an eye mask. These are very beneficial for shift workers.



STAY AWAY FROM STIMULANTS



Avoid consuming any stimulants (caffeine) in the second part of your workday. These stimulants can make it difficult for you to fall/stay asleep when it is time for you to go to bed.

KEEP BEDROOM SILENT



Turn off all electronics when trying to go to sleep. Purchase earplugs or a white noise machine to help cover any loud noises.

START NAPPING

Include short power naps throughout your day and make a routine out of it.



REDUCE SHIFT CHANGES

Not having a regular work schedule affects your sleep schedule. If possible try to maintain the same shift for work.



UNDERSTAND HOW EXERCISE AFFECTS YOUR BODY

Pay attention to see if exercising affects the way you sleep. If it makes you have energy, exercise earlier in the day and not right before bed.



NO DRINKING OR SMOKING BEFORE BEDTIME

These bad habits actually make it harder for you to fall asleep or to stay asleep.



BREAKFAST CHANGES

Try to start your day with a healthy breakfast. Instead of a breakfast that is high in sugar and sodium, have one that includes whole grains, a protein, and fiber. Try to make your own breakfast to control how much sugar and sodium you are eating.

