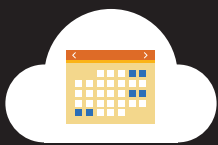


# 8 SLEEP STRATEGIES FOR SHIFT WORKERS

The military works around the clock to provide critical mission coverage. Improve your sleep with these tips when working non-traditional hours.



## KEEP A CONSISTENT SLEEP SCHEDULE

Stay on the same sleep schedule even on your days off. For rotating shift workers, adjust your sleep time before a schedule change to prevent disruption.



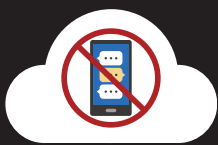
## DON'T DELAY GOING TO BED

Go home to sleep as soon as your night shift is over. The longer you put off sleep the more likely you are to feel awake due to your body's internal clock.



## CREATE THE RIGHT SLEEP ENVIRONMENT

Make sure your bedroom is cool, dark and quiet. If your bedtime is during the day, try using a sleep mask, blackout curtains, earplugs and/or a noise canceling machine or app for better sleep.



## MANAGE SCREEN & LIGHT EXPOSURE

Avoid electronic screen time before bed since blue light may make it harder to fall asleep. If it's daylight on your way home from work, wear a pair of sunglasses to limit light exposure from the sun.



## SHARE YOUR SLEEP SCHEDULE

Let your family or roommates know when you will be working and when you need to rest. This can help prevent conflict and sleep disruptions.



## NAP STRATEGICALLY

Try taking a nap before your night shift. Whether you have a bed available or just a rucksack, napping can be a great tool to combat sleep loss, improve alertness and performance on the job.



## WATCH WHAT YOU DRINK BEFORE BED

Avoid caffeine and alcohol close to bedtime. Although you might fall asleep faster after a drink, alcohol may disrupt the quality of your sleep.



## EAT LIGHT SNACKS AT NIGHT

Choose light snacks during night shifts and stay hydrated to help prevent drowsiness and digestion problems.

## WANT MORE RESOURCES?

### Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 for assistance accessing care at 866-966-1020 or [health.mil/PHRC](http://health.mil/PHRC).

### Military Crisis Line

In the U.S., dial 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit [militarycrisisline.net](http://militarycrisisline.net).

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