

Protect Your Sleep

Small habits for better rest on any shift.



Block daytime noise with fans, white noise machines, or earplugs

Keep the same sleep & wake times when possible

zzz, Take short, planned naps

Turn off electronics 30 minutes before bed

Move your body & eat a healthy diet

Use bright lights during your shift



Skip caffeine in the second half of your shift

Silence loud disruptions (phone, doorbell, etc)



Sleep in a dark room or wear an eye mask

Let others know your sleep schedule

