

SLEEP

IRREGULAR WORKING HOURS

Sleep at least 7 hours a night

- During sleep, the brain recovers from the strain of being awake.
- Good sleep promotes well-being and improves alertness.

Signs of tiredness

- difficulties in concentration
- irritability, mood swings
- sleepiness, fatigue
- taking unnecessary risks
- tendency to have accidents
- appetite and food cravings increase
- recovery from work slows down



Sleep diary

With a sleep diary, you can track how you sleep.

Fill in the diary each morning after waking up.
Note down the factors that affected your sleep.
Keep a sleep diary for at least one week.



Date, day	Work day / Day off (WD/DO)	Time you fell asleep*	Time you woke up*	Sleep duration*	How did you sleep?	Did you wake up feeling well-rested?	Which factors may have affected your sleep quality/ sleep onset?	Did you take a nap? How long?
1.6. Mon	WD	23.45	6.00	6 h 15 min	😊 😐 😞	😊 😐 😞	I watched the TV in the evening. I spent an hour tossing and turning in bed.	—
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					😊 😐 😞	😊 😐 😞		
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* Estimate the time to the nearest 15 minutes.

Keys to good sleep

- Stick to a consistent bedtime schedule.
- Go outdoors and be physically active.
- Wind down a couple of hours before bedtime. Avoid things like intense exercise or watching thrillers that can get you too alert.
- Eat lightly before bedtime. A heavy meal may cause digestive discomfort and disrupt your sleep.
- Avoid consuming coffee, tea, cola and energy drinks before bedtime. Alcohol and tobacco products may also impair sleep quality.
- Make your sleeping environment comfortable. A suitable temperature, sufficient darkness, and quietness help promote better sleep. Also, remember the importance of a good mattress and pillow.
- Reserve your bed only for sleep - avoid eating, watching tv, and using smart devices there.
- After a night shift, sleep can be divided into two periods: one immediately after the shift and another before the next shift.
- Take a nap if you didn't get enough sleep at night. Keep naps short - 10-20 minutes is enough to refresh you.

If you can't fall asleep

- Avoid checking the time too often. Put your alarm clock where you can't see it.
- If you tend to worry, take time during the day to reflect on important matters so they don't keep you up at night.

How could you make falling asleep easier or improve your sleep quality? Write down 1-2 goals you'd like to achieve.



Alert at work

Fatigue can hit during long shifts. It's especially noticeable during night work—in the early morning hours and early afternoon.

Tips for improving alertness

- Sleep sufficiently, at least 7 hours a day.
- Take a break every two hours. If you have a desk job, stand up. Walk around, stretch, and, if possible, spend a moment with others.
- Eat regularly, prefer light meals.
- Drink enough water.
- Take a 10-20-minute nap, if possible.

Recovery and relaxation after work

- Mental recovery is just as important as physical rest.
- Plan your day so that you have time to rest and relax. Do things you enjoy – it helps you stay refreshed and cope better.

Ways to relax

- spending time with loved ones
- physical activity, outdoor activities, hiking
- DIY projects, crafts
- gardening, spending time at a summer cottage
- housework
- reading, crossword puzzles
- music, theater
- berry picking, fishing, hunting

