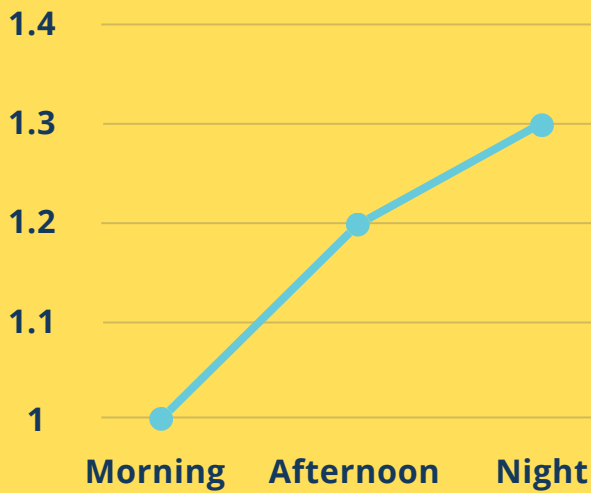


SLEEP HYGIENE COMBATTING FATIGUE FOR NIGHT SHIFT



RELATIVE RISK SHIFT TYPE



**BEING AWAKE FOR 17 HOURS IS
EQUIVALENT TO A BLOOD
ALCOHOL LEVEL OF 0.05**



**BEING AWAKE FOR 20 HOURS
IS EQUIVALENT TO A BLOOD
ALCOHOL LEVEL OF 0.1**

HOW TO PREVENT FATIGUE FOR NIGHT SHIFT



- Eat light, regular meals. Choose high protein and low GI snacks (eggs, beans, oats, lean meat) early in the shift and towards the end
- Avoid large meals and foods high in fat
- Coffee and caffeine can be ok at the start of the shift but avoid it 4 hours prior to sleeping
- Avoid alcohol, especially 4 hours prior to sleeping
- Set a sleep routine - same bed time, same wake up time



**FATIGUE LEVELS ARE
HIGHEST BETWEEN
2AM AND 5AM FOR
NIGHT SHIFT WORKERS**

KNOW THE SIGNS OF WORKPLACE FATIGUE

- Memory lapse
- Underestimation of risk
- Slower reactions
- Decreased awareness
- Lack of attention
- Poor execution
- Easily distracted



**FIND OUT
HOW TO
SLEEP FOR
NIGHT SHIFT**

