



PROTECTING YOUR ENERGY

Sleeping well

Easy guidance and tips
to support you to get
the best out of your
days at work



The importance of sleep



YOUR ENERGY

Fatigue can be dangerous
Link to Physical and Mental
Health
Cognitive link



BALANCE

Developing good sleep
habits
Knowing when to get
help
Keeping you safe at
work

What can impact your sleep

Why is my sleep disturbed?

- Working Patterns/Shift work
- Hormones
- Mood disorders/anxiety/stress
- Poor health and pain
- Blood sugar regulation
- Being overtired
- Nocturia
- Digestion issues
- Adrenal glands working hard
- Caffeine
- Alcohol



How much Sleep do I need?

19-45 Years: 7 hours
46 + 5-7 hours

Without Sleep we can become



Tired
Anxious
Irritable
Depressed

Less able to recall skills and information
More likely to have persistent insomnia
Unsafe for work

SHIFTWORKERS

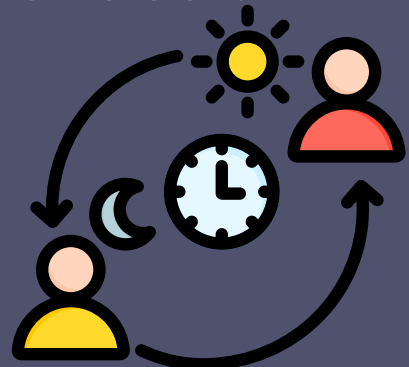
Night shift

7pm to 7am Shift Example

Use a light box at 7000 Lux 3 – 4 times for 15 mins at the start of the shift. Try a nap between 1am – 3am for no longer than 20 mins in a designated sleeping area. Set an alarm and try a mindfulness meditation or just close your eyes. Even a rest rather than a sleep will help reduce fatigue.

From 4am remove blue light from the computer screens – dim the lights and put phones on 'night mode'.

Handovers should occur in a dimly lit room to be sympathetic to the night shift workers. Alternative lighting for night/day workers is ideal.



SHIFTWORKERS



7pm to 7am Shift
Example

In the summer blue light blocking sunglasses should be worn on the way home. Pick a wrap-around since all areas of the retina of the eye needs to be protected. These are specialist glasses not sunglasses!

Avoid all caffeine after 2am this includes tea (caffeine stays in your system for 6 hours or more). Slowly cut down and changed to de-caffeinated tea or water. (Removing this quickly may result in withdrawal symptoms such as headaches).

Keep your body warm when working a night shift, our body temperature falls to signal we are ready for sleep, consider wearing a hat/gloves etc to keep the body warm.

SHIFTWORKERS

Shifting from rest days to night shifts
Follow the normal night shift advice.

Set an alarm around 2pm.

At 2pm get the maximum amount of light exposure outside, in the winter a light box would be ideal.

Sleep when you can that night.

The following day get up as early as you can, dawn is especially good since our bodies respond really well to gradual light exposure, even in the winter, go for a morning walk, time outside is essential. You will still feel groggy and should not over plan for this day but some light exercise is a great idea.

Ensure you do not expose yourself to blue light on screens before bed and get to bed as close to a normal time as possible. Avoid caffeine in the afternoon.

What else can help?

SAD Lamps

- SAD Lamps
- Glasses
- Essential Oils: Marjoram and Lavender
- Sleep products - balm
- Magnesium
- Sleep tea



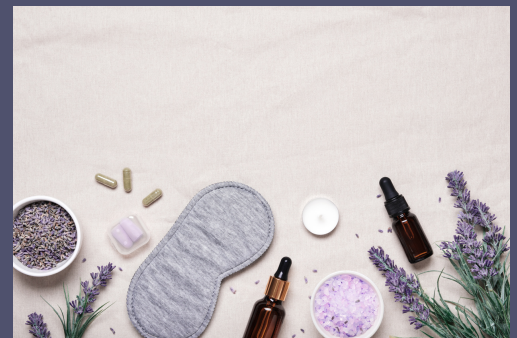
Glasses



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