



# LATUS

Night Shift Survival Guide

# Preparing for the Night Shift

Working the night shift can be challenging, both physically and mentally. Preparing for the night shift can help ease the transition and make the experience more manageable. Below are some tips for preparing for the night shift.

Preparing properly for the night shift is crucial for a number of reasons. Firstly, it helps to maintain a healthy sleep schedule and avoid the negative effects of sleep deprivation. Secondly, it helps to ensure that you are alert and focused during the night shift, which is important for both personal safety and job performance. Finally, proper preparation can help you stay energized and reduce stress levels during the night shift, making the experience more manageable and enjoyable.



## Sleep

It's important to try to get as much sleep as possible before starting your shift, as this will help you feel more alert and focused when starting your shift.



## Eating

Eating a healthy meal before starting your shift can help you stay alert and focused and give you the necessary energy for your shift.



## Snacks

Having a snack on hand can help you stay alert and focused during your shift. This can also help you avoid feeling hungry during your shift, which can make it difficult to stay alert and focused.



## Clothing

Wearing comfortable clothing can help make you relaxed during your shift. It's also important to wear comfortable shoes, as this can help you avoid foot pain and discomfort during your shift.



## Entertainment

Bring a book or other form of entertainment. Having something to do during your break time can help you feel less stressed during your shift. This can also help you avoid feeling bored, which can make it difficult to stay alert.

# Working The Night Shift

**When working the night shift, your body goes through a number of changes that can make it difficult to stay alert and focused.**

Studies have shown that shift workers often experience disrupted sleep patterns and poor sleep quality, which can lead to chronic sleep deprivation. There are also hormonal imbalances found. Working the night shift can disrupt the production of hormones, including cortisol, melatonin, and leptin, leading to changes in appetite, metabolism, and mood.



## Take Short Breaks To Stretch

Try to move and stretch as much as you are able to during your shift. This will help to take time out to help you stay alert and focused, as well as preventing soreness and stiffness during your shift.



## Use caffeine strategically

Caffeine can help you stay alert and focused during your shift, but it's important to use it strategically. It's best to only drink caffeine during the first few hours of your shift, as it can make it difficult to sleep once your shift is over.



## Use Ear Plugs

Using earplugs or a white noise machine can help you stay alert and focused during your shift. This is because it can help to block out distractions, which can make it easier to stay alert and focused during the night shift.



## Avoid Heavy Meals

Heavy meals can make it difficult to stay alert and focused during your shift. It's best to avoid heavy meals during your shift and instead opt for lighter meals that will give you the energy you need to stay alert and focused.

# RESET

## After Your Nightshift

Recovering properly after a night shift is crucial for maintaining overall health and wellbeing. When working the night shift, the body experiences disruptions to its natural sleep patterns, hormone levels, and metabolism, which can have a lasting impact if not properly addressed.

Failure to recover properly can increase the risk of developing serious health problems, including cardiovascular disease, type 2 diabetes, and certain types of cancer.

It can also lead to decreased productivity, increased stress, and a lower quality of life. To support proper recovery after a night shift, it is important to prioritize adequate sleep, engage in physical activity, eat a healthy diet, and manage stress.

# R

### Reduce Fatigue

Have a short nap when you get home, to reduce your fatigue and prevent you spending your day sleeping.

# E

### Exposure to Light

As soon as you are up from your nap, get as much exposure to natural light as possible.

# S

### Stay Awake

Try to stay awake and resist the urge to sleep. This will prevent you from disrupting your body clock.

# E

### Early Night

If you are tired, get an early night and begin to ease your energy back. If you do sleep try to sleep at your usual time.

# T

### Time to Recover

Implement recovery by keeping a normal sleep routine for as long as you possibly can.



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**[latushealth.co.uk](http://latushealth.co.uk)**