



Improving Alertness for Shift Workers

Change your commute

If you leave work feeling exhausted consider using public transport, getting a taxi or a lift from someone else (if available). If you need to drive, consider sharing the driving with a friend.

Get active

Some moderate exercise before and after work may increase your alertness levels. You may not feel like doing it, but just 10-30 minutes brisk walk may give you a little boost in energy.

Light it up

If you are feeling sleepy, keep all the lights around you as bright as possible throughout your shift. Light plays a vital role in the sleep/wake cycle so if you want to stay awake, flooding your eyes with light may offset this natural cycle.

Avoid non-stimulating work when tired

Try to plan your time so really stimulating work is completed when you feel at your most drowsy. This type of work will engage the brain better than routine and repetitive tasks.

Stay together

Keep in regular contact with co-workers throughout your shift. This is particularly important if you work alone or in an isolated area of the building. Take all your allotted breaks and keep moving wherever possible.