



Improving Sleep Quality for Shift Workers

Keep a sleep diary

Keep a note of your sleep patterns and any issues for a few weeks. Doing so may be useful to identify the best ways to improve your sleep quality.

Find your best sleep schedule

Experiment with different bed times if you work regular shifts to see what works best. This may mean staying up a little longer when you get in from a night shift and going to sleep a little later in the day.

Night shift strategy

If you are just coming on to a block of night shifts, take a short nap before your first shift to shake off any fatigue. If you are coming off a block of night shifts, have a short nap when you return home and then head to bed slightly earlier in the evening.

Avoid alcohol to improve sleep

It may seem that alcohol helps you to drift off, but the reality is the quality of sleep will be much poorer, leaving you feeling tired and less alert.

Maintain routine

The body likes routine. No matter what time you're planning to go to sleep try and keep to the same wind down routine, and keep it relaxed. Go for a short walk, listen to soothing music, take a warm bath, read a non-stimulating book – any of these activities will help you relax before sleep.