



# Dealing with Working Against the Clock

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## Night shift? You're not alone!

More than 22 million Americans work evening or non-traditional hours across many industries.



## I'm tired...



Working the night shift means working against your internal clock, your circadian rhythm, which can impact your physical and mental health.



Feeling disconnected from family and friends



Difficulty managing time and activities



Attention, concentration, and memory problems



## I can't sleep!

Try to create a relaxing environment to sleep:



Use light-blocking curtains or an eye mask for a dark environment



Use a white noise machine or earplugs to block sound



Avoid screens and blue light an hour before bed



Try a relaxing activity like a hot shower or bath before bed



## How can I sleep better?



### Before your shift:



Nap at least 90 minutes



Keep a consistent schedule throughout the week

### During your shift:



Try to eat 3 healthy meals spaced evenly



Avoid caffeine 4 hours before your bedtime



## Rotating shifts?

Try adjusting your sleep schedule slowly over several days when changing from an evening shift (5pm-1am) to a night shift (11pm-7am).



Sleep 2 hours later than you normally would each night until you reach your new schedule.