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Tips to Survive Night Shifts at Work

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Besides hospitals, various businesses now operate 24/7, so they need employees to work around the clock. Having a night shift can be challenging for many people, although some don't have problems with it. If you get this shift at work and have difficulties coping, here are some tips to make it more manageable.

Create a regular sleep routine

The most challenging thing in a night shift is sleepiness. The body is programmed to sleep during the night, so when it detects that it's getting dark, you start getting sleepy, and your alertness level decreases. It's also difficult to sleep after the shift because the light signals that it's daytime, so the brain picks that you should be awake. Your lack of sleep may result in various health problems, including fatigue. Make your bedroom conducive to sleep. Adjust the temperature to what's comfortable and keep it dark so that you can rest. If you live with other family members, ask them to avoid making loud noises. Follow the same sleep pattern by going to bed at the usual time, so your body can adapt to it.

Avoid physical activities before bedtime that will keep you alert

Doing physical activities like jogging or working out will keep you awake. Avoid doing this a few hours before going to bed, as it will be difficult for you to fall asleep. Instead, stick with light activities, like sweeping the floor or doing the dishes. You may also listen to soft music to relax or read a book until it's bedtime. If you love online games, play some until about an hour or 30 minutes before you sleep. You can visit the best online casino in Canada to enjoy popular casino games on your mobile device. Finally, you want to avoid exposure to light during that period, so it would be easier to induce sleep.

Take a nap on your break

According to studies, a quick nap of 20 to 45 minutes can help you recharge and remain alert throughout the shift. If you have a one-hour break, manage your time, so you can eat your meals and still have time to take a nap. If you have multiple breaks with a shorter period, take advantage of those shorter periods for a quick rest.

Take a smaller but frequent dose of coffee

Caffeine is popular among night shift workers as it helps them stay awake. However, when your

tolerance to caffeine increases, you need more to get the same effect. In addition, it can lead to ulcers and an upset stomach. Taking a smaller dose of coffee throughout the day can help keep you stay awake and prevent going overboard.

Adjust light exposure

As mentioned, the body detects if it's morning or evening due to the light; that's why you feel awake or sleepy during those periods. Adjusting your exposure to light can trick the brain, making it easier to adapt to your shift. Keep your work area bright to avoid sleepiness. Wear shades when you head home to block light and keep your bedroom dark to induce sleep.

Surviving night shifts can be challenging, especially ifTips you are not used to it. However, it can be bearable, and it gets better in the long run through the tips given above.

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