

# Working Well at Night

Night work is safer when teams plan sleep, breaks, food, light exposure and recovery.

## 1. Before nights

Keep a good usual sleep routine. Get extra sleep in the 24 hours before your shift. An afternoon nap is ideal because it reduces the length of time you have been continuously awake. Plan how you will get home and whether you need to rest before driving.

## 2. During nights

Keep hydrated and eat healthy snacks. Maximise bright light exposure in non-clinical areas. Take breaks as a team. A 15 to 20 minute nap can improve alertness. Be vigilant for the 4am dip. Check calculations and decisions as a team.

## 3. Between nights

If you are too tired to drive, have a short nap before leaving work. Have a snack before sleeping. Go to bed as soon as possible. Do not plan deliveries or daytime activities between night shifts. Warn housemates that you need to sleep.

## 4. Recovery after nights

Have a short sleep in the morning and then get up. Aim to go to bed at your usual time and avoid a long lie in the next day. You will need at least 2 normal nights of sleep to reset your sleep routine.

