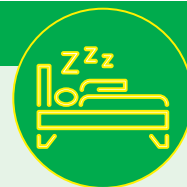




WORKING WELL AT NIGHT

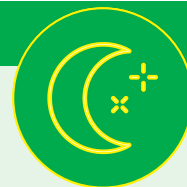
Before nights

- Make sure you usually have a good sleep routine.
- Get extra sleep before your shift. An afternoon nap is ideal as it reduces the length of time you have been continuously awake. A lie-in is an alternative.
- Plan how you will get home. Is there an option other than driving?
- Will you need to rest before driving home?



During nights

- Keep well hydrated and eat healthy snacks. Calories on nights DO count; they contribute to the adverse health effects of night working.
- Maximise exposure to bright lights in non-clinical areas.
- Breaks are essential.
- A **15-20 min** nap can significantly improve alertness.
- Longer naps may result in sleep inertia.
- Be vigilant for the 04:00 dip: your lowest physiological point.
- Work as a team to share decision-making, check drugs administration and monitor for signs of fatigue.
- Share driving evenly: remember how tiring blue light driving at night can be.



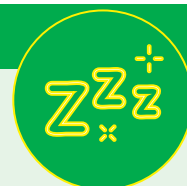
Between nights

- If you are too tired to drive, have a short nap before leaving work.
- Have a snack before sleeping so you don't wake up hungry.
- Go to bed as soon as possible to maximise the amount of sleep you will get.
- Do not plan deliveries or daytime activities for the days between night shifts.
- Warn your housemates that you need to sleep.



Recovery after nights

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



For more #FightFatigue information and resources visit:
www.anaesthetists.org/fatigue