**FATIGUE MANAGEMENT FOR SHIFT WORKERS DURING COVID-19 RESPONSE EFFORTS FOR SHIFT WORKERS**

### BEFORE FIRST SHIFT: MAXIMIZE PRE-SHIFT SLEEP
- Wake up naturally without an alarm
- Avoid stimulants upon or shortly after waking
- Nap shortly before shift
- Exercise closer to start of shift

### DURING SHIFT: ENHANCE PERFORMANCE
- **Stay Active**
- **Short naps, when appropriate, can boost alertness**
- **Caffeine immediately prior to a nap may boost performance**

### END OF SHIFT & WAY HOME: START TO PREPARE FOR SLEEP
- **Drink one 8oz cup of coffee immediately prior to a 10-15 min nap to maximize the alerting effects of the nap**
- **Before First Shift:**
  - **Maximize pre-shift sleep**
  - Go to bed as soon as you can
  - Avoid bright light immediately following shift
  - Attempt sleep as close to getting home as possible
  - Sleep in a dark, cool, quiet space
  - Accumulate as much sleep as possible, even if fragmented
  - Maintain workday sleep/wake schedule on off days

### ONCE HOME: FALL ASLEEP QUICKLY
- **Once home:**
  - Eat smaller, light meals and avoid sugary foods
  - Be aware of unwanted side effects from stimulants
  - Build in checks during critical tasks to test performance
  - Avoid nicotine, caffeine, screen time, exercise and exposure to bright light

### MAINTENANCE BETWEEN SHIFTS: MAXIMIZE POST-SHIFT SLEEP
- **Avoid naps too close to normal bed time**
- **Go to bed close to normal time**

### REMOTE WORK: RE-ESTABLISH NORMAL SLEEP PATTERNS
- **Take a 60-90 minute nap following shift**
- **Get bright light exposure during the day**
- **Avoid naps too close to normal bed time**
- **Go to bed close to normal time**

### THE UNIQUE CHALLENGES FACED BY NIGHT SHIFT WORKERS
- Always fighting against the alerting properties of daylight
- Obtaining consolidated sleep during the day
- Spending time with family and friends
- Maintaining societal engagement in a world that operates during the day

---

Training for Healthcare Professionals on Shift Work and Long Work Hours

Working the Night Shift: Preparation, Survival and Recovery
By promoting a positive and safe sleep culture around shiftwork, supervisors, leaders and their teams can advance the mission to combat COVID-19.