

When working shift work, try to get as much sleep in 24 hours as you would on a day off



While working shift work, particularly night shift work, there may be challenges to getting enough, good quality sleep. It is normal to wake earlier than you would like or to have broken sleep. Even while working shift work, it is best to aim to get as much sleep in 24 hours as you normally would on a day off. This may mean you sleep in two chunks – you may have a main sleep period and then a booster nap to make up your daily sleep quota. Talking to others in your household about your sleep plan can help you to achieve enough, good quality sleep.

It's ok to nap if you need them



Having a nap can be a great way to increase the amount of sleep you get in a 24-hour period. Having a nap can also reduce the amount of time you are awake between sleep periods, helping you to stay safe and work effectively during your shift and importantly, helping you to get home safely during your commute. Longer naps (60 mins or more) provide benefits that last for longer. Sometimes naps can leave you feeling groggy and sluggish. This is normal and usually passes within 15 minutes or so. However, it is important that you don't have a long nap if you need to wake and immediately carry out a safety-critical task like driving. The groggy feeling can mean you aren't safe on the road. To reduce the chances of feeling groggy on waking, keep your nap short (40 minutes or less). Set an alarm and/or ask someone else in your household to be your back-up alarm, in case you do not wake.

Create good sleep habits to get the best sleep you can



Try to create good sleep habits for your work days and your days off so that you can get the best quality sleep you can. Our **General Sleep and Circadian Health Information** sheet includes nine tips on ways to support getting good quality sleep. If you have found that you are feeling stressed or worried during these uncertain times, you may like to read our **Sleep and Mental Health** information sheet.

Prioritising our sleep while working shift work can help ensure we work safely and effectively, and can reduce fatigue and fatigue-related errors. Good quality sleep also helps us to make the most of our time away from work, and keep physically and mentally healthy.

You can find our other information sheets on our website www.sleepwake.ac.nz.



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