

10 Tips for Surviving Shift Work

As a profession that provides care 24 hours a day , 7 days a week, many nurses find themselves working irregular hours as well as rotating shifts. Here are 10 tips offered to minimize the risks of shift work.

At Home

1. Decrease the room temperature.
2. Install room darkening shades to cover all windows.
3. Consider earplugs to block outside noises and eyeshades to decrease light sources.
4. Create guidelines for families to eliminate noise and interruptions during sleep such as television watching and noisy outside playing.
5. Unplug the phone and turn off cell phones.

At Work

6. Schedule short breaks throughout the shift.
7. Exercise when feeling fatigued (climb stairs, take a quick walk).

Food & Exercise

8. Avoid caffeine for at least 5 hours prior to sleeping.
9. Choose nutritious food to eat during the shift.
10. Avoid alcohol prior to sleep.