



Your Work-Rest Status

What keeps you from being balanced in your life?

- _____
- _____
- _____
- _____
- _____

What do you do to be balanced in your life?

- _____
- _____
- _____

How successful are you?

- Very Kind of Could Be Better Not Very

Our natural ability to do well and to keep going is called **resilience**.
Resilience is all about how we confront challenges at work and home and overcome them.

The Sleep-Fatigue Relationship

Sleepy	Fatigue
<ul style="list-style-type: none">• Drowsy• Falling off to sleep• Difficulty keeping eyes open• Constant yawning• Difficulty waking in the morning	<ul style="list-style-type: none">• Feeling of exhaustion• Irritable• Grows during the day• Difficulty concentrating• Decreased motivation

Shift Work Sleep Facts

- 15% of Americans work outside the traditional 8-5 workday
- People choose to work nights due to:
 - o It's the nature and requirements of their job
 - o It provides a better arrangement for their family time
 - o They have a personal preference for that workstyle
- Most people (70-75%) adjust to the sleeping requirements needed to have effective and satisfying sleep.
- If you have problems they may include:
 - o Drowsiness during your shift
 - o Difficulty falling or staying asleep during your sleep
 - o Decreased concentration
 - o Irritability
- Lifestyle management can significantly improve your ability to have a restful and full sleep

Notes:



Work/Rest Remedies: **Get Rest** (*Rest is part of the journey*)



- **Establish solid sleep routines**
 - o Go to sleep at the same time everyday even if you are on a late shift. Plan to go to sleep within 1-3 hours after you come off your shift.
 - o Create a routine that helps you prepare for sleep (such as watching a funny show or reading a book).
 - o Avoid eating or drinking too much before you go to sleep.
 - o Pay off your sleep debt
 - o If you can't sleep, rest.
- **Manage light**
 - o Keep your workspace well illuminated
 - o Wear sunglasses when you come off your late night shift
 - o Get darkening shades to keep light out of your bedroom or use a sleep mask.
 - o Cover up digital devices like your alarm clock and consider ear plugs
- **Naps**
 - o Take a nap just before you go onto your late night shift.
 - o Use your lunch and other breaks effectively by taking a quick nap (5-10 minutes) or taking a walk to get your energy going.
- **Talk to your physician if you are having trouble sleeping or staying awake**

Work/Rest Remedies: **Getting Physical** (*Building Toughness*)



- **Create a complete workout routine**
 - o Cardio, strength, flexibility, endurance, flexibility, relaxation
- **Nutrition**
 - o Pay attention to what food work best with your body
 - o Translate your meal schedule to your night time routine (e.g lunch 3-4 hours into work); Consider eating more frequently during the shift
 - o Bring your own food to work so you control what foods work best for you
 - o Drink caffeine earlier in your shift but avoid it within an hour of finishing your shift
 - o Keep water near your work space so you can keep hydrated
 - o Make better bad choices

Work/Rest Remedies: **Getting Social** (*Get a life*)



- Use your off time to spend time attending family events that you may not be able to usually attend.
- Do what is important and meaningful to you
- Use your technology effectively
- Post your schedule so that your family knows when you are sleeping and when you are awake.
- Make a list of things you want to get done during the day
- Make your sleep time sacred so that you know you will get the rest you need

My Work/Rest Plan:

Can you improve on your work/rest balance?

Yes No

What do you think you could do to feel more balanced?
Choose from the list of Remedies and add what you can do.

Remedy 1: _____

What I can do: _____

Remedy 2: _____

What I can do: _____

Remedy 3: _____

What I can do: _____

Notes: