

Healthy sleep practices for shift workers

- Getting enough quality sleep can be challenging as a shift worker. As a result, this can negatively impact your overall health and well-being, job performance, and safety. Here are a few healthy sleep practices specifically for shift workers:
 - Aim for 7-9 hours of sleep within each 24-hour period
 - Plan ahead for your transition between shifts and days off
 - Use napping as a helpful tool
 - Try to stick to a consistent sleep schedule
 - Develop a relaxing bedtime routine
- If you have any concerns about your sleep or managing the effects of shift work, it is important to seek advice from a health professional.



To learn more about sleep practices for shift workers, visit the [Sleep Health Foundation](#).