



## HEALTHWISE WELLNESS GUIDE TO WORKING THE NIGHT SHIFT



## WELLNESS TIPS FOR WORKING THE GRAVEYARD SHIFT

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### WELCOME!

Welcome to the Healthwise Graveyard Shift Wellness Guide! We know working the night shift comes with its own set of challenges, whether it's figuring out how to sleep during the day or finding time to hang out with friends. But fear not, we've put together a collection of tips and resources to help you feel your best, inside and out. From sleep essentials to staying connected with your loved ones, we've got you covered. Dive in, make this guide your own, and let's boost your well-being, night owl-style! Remember, it's all about finding what works for you, so let's get started on this journey together.





## SLEEP HYGIENE

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### SLEEP BASICS

Getting quality sleep during the day can be tricky, but it's crucial for your health and well-being. Sleep hygiene is all about crafting the right environment and habits to help you catch those Z's like a pro. Try creating a dark, quiet space using blackout curtains and white noise machines to block out the hustle and bustle of daytime life.

If you don't have a big buffer of time between closing your computer & going to sleep, you might want to try blue light blocking glasses or a filter for your computer screen for the last couple hours of work so that the blue light doesn't delay your sleep.

Establish a consistent sleep schedule—even on days off—to keep your body's clock in sync. And remember, the right pre-sleep routine can make all the difference, whether that's a relaxing read or some gentle stretching. Click on the links below for more tips and tools to help make daytime sleep not just doable, but downright restful!

[General Sleep Tips Info Pack](#)

[Sleep Syncing Resource](#)

[Plants to Help You Sleep](#)

[Sleep Posture](#)

### SLEEP TIPS

- 1) Make sure your room is completely dark.
- 2) Aim for a cooler temperature of 18 C/64 F degrees or less. Air conditioning may be needed to keep a temperature cooler.
- 3) Make sure your bed and pillow are comfortable.
- 4) Stick to a regular sleep schedule - same wake and sleep time throughout the week allowing for 7- 9 hours per night.
- 5) Spend time avoiding screens before sleep. 60 minutes screen free is recommended to help our sleep hormones
- 6) Have a wind down routine prior to initiating sleep
- 7) Consider taking a magnesium supplement 30 minutes prior to sleep
- 8) Try some relaxation techniques prior to sleep eg. meditation
- 9) Avoid heavy meals or alcohol within the last 2 hours prior to sleep
- 10) Avoid caffeine within 5-7 hours of sleep time.





## NUTRITION

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### EATING RIGHT

Eating right when the rest of the world runs on a different schedule can be a challenge, but it's key to keeping your energy levels and mood in check during night shifts. Start by planning meals that are balanced and nutrient-rich, focusing on lean proteins, whole grains, fruits, and veggies.

Timing is crucial—having a solid meal before your shift and strategic snacks during work can help sustain your energy.

And let's not forget hydration! Staying well-hydrated is vital for maintaining focus and performance throughout the night. For more detailed nutrition tips and recipes designed for night owls, check out the links below and fuel your night shift the right way!

We have a plethora of [NUTRITION RESOURCES](#) for you to explore.

[Americas Personalized Nutrition Guide & Free 1 - 1 Consultation](#)

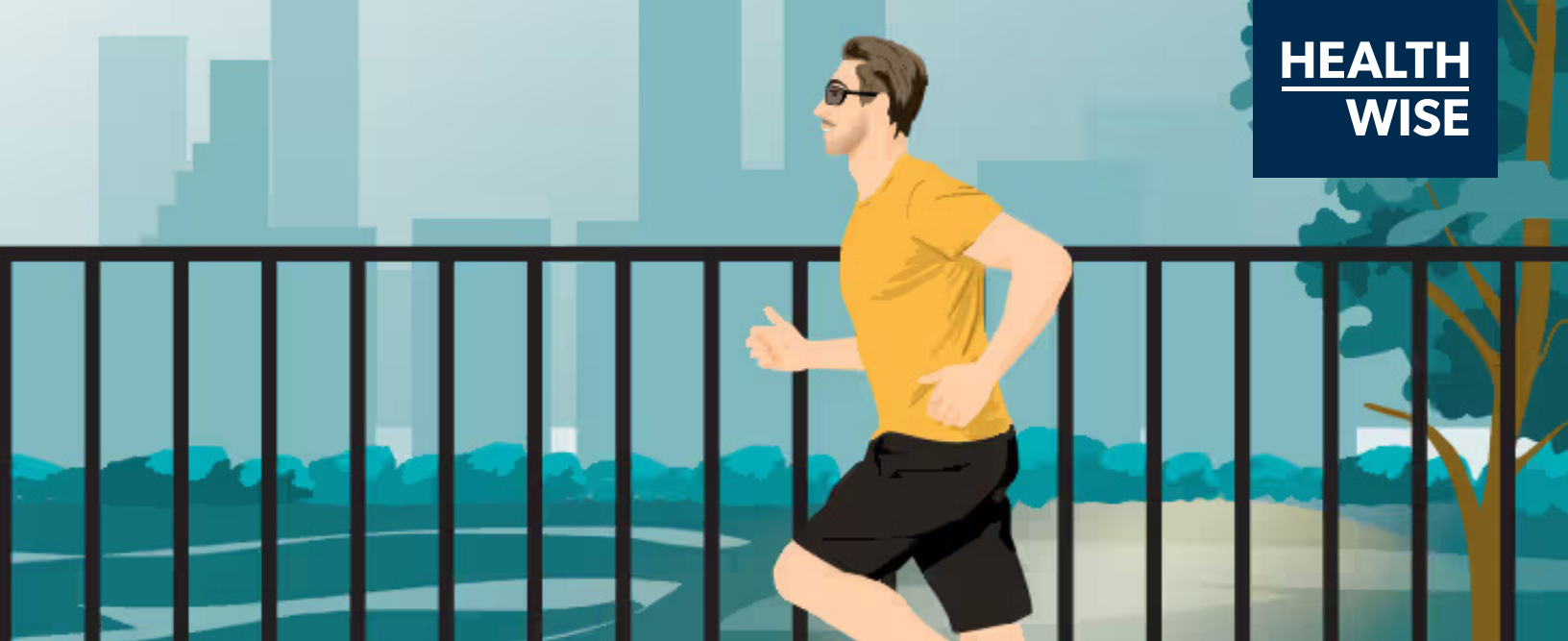
### WATER

Staying hydrated is crucial for maintaining your energy and concentration during the night shift. When you're busy and focused on work, it's easy to forget to drink enough water, but even mild dehydration can lead to fatigue, headaches, and decreased alertness.

Make it a habit to keep a water bottle handy and take regular sips to keep your body refreshed. Remember, hydration isn't just about water—herbal teas or infused waters can add some flavor variety without the caffeine jolt.

For more info on water consumption click [HERE](#).





## PHYSICAL ACTIVITY

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### MOVING YOUR BODY

Staying active is a fantastic way to boost your energy, mood, and overall health while working the night shift. Fitting exercise into a non-traditional schedule can be challenging, but it's all about finding the right routine that works for you.

Whether it's a quick workout before your shift, or some stretching and walking during breaks, physical activity can enhance your focus and stave off fatigue. Even short bursts of movement can make a big difference.

Dive into the links on the right to explore workout ideas and discover how to seamlessly integrate exercise into your nightly routine for a healthier you!

### FITNESS RESOURCES

[Training Program Library and Resources](#)

[Americas On Demand HIIT, Yoga & Pilates Classes](#)

[Americas Corporate Gym Discounts](#)

[Americas Sports Team Sponsorship Program](#)







# MENTAL HEALTH

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## MENTAL WELLNESS

Prioritizing mental health is essential when you're working night shifts, as the unique hours can sometimes lead to stress and feeling isolated.

It's important to carve out time for activities that promote relaxation and mental well-being, whether that's practicing mindfulness, meditation, or simply enjoying a hobby. Staying connected with loved ones and seeking peer support can also help fend off feelings of loneliness.

Remember, recognizing when you need a break or some help is a strength, not a weakness. Explore the links to the right for resources and techniques to support your mental health and nurture resilience during those late-night hours.

## MENTAL HEALTH RESOURCES

[Low Cost & No Cost Mental Health Resources](#)

[Americas Mental Well-Being Toolbox & Resources](#)

[Self-Help Resources](#)

[Healthwise Perceived Stress Scale](#)

[5 Day Mental Health Challenge](#)

[Managing Energy & Preventing Burnout](#)

## SELF LED COURSES

[Basics of Stress Management](#)

[Pressure, Stress & Burnout](#)

## EAP INFO

[USA](#) & [Canada](#)



## ERGONOMICS & STRETCHING

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### WORKSTATION OPTIMIZATION

Creating a comfortable and supportive work environment is key to surviving and thriving during the night shift. Ergonomics play a crucial role in ensuring your workspace minimizes physical strain, helping prevent fatigue and discomfort.

Pay attention to the setup of your chair, desk, and computer to maintain good posture and avoid strain. Pairing these adjustments with regular stretching exercises can enhance circulation, reduce stress, and boost your overall well-being.

Simple stretching routines before, during, and after your shift can make a big difference too. Check out the resources linked on the right to discover how ergonomic practices and stretches can keep you feeling great all night long!

### ERGO RESOURCES & STRETCHES

[Desk Set Up Ergonomics](#)

[Home Ergonomic Set Up](#)

### STRETCHES

[8 Deskercise Stretches](#)

[Best Full Body Stretches](#)





## WORK -LIFE BALANCE & SOCIAL WELL-BEING

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### FINDING HARMONY

Maintaining a healthy work-life balance and nurturing social well-being is crucial for those working the night shift. These unique hours can make it challenging to spend time with family and friends or engage in activities that recharge you.

Prioritize setting boundaries to differentiate work from leisure time, and make plans with loved ones when schedules align. Even small efforts, like video calls or lunch dates when your off hours overlap, can make all the difference. Stay connected with your community through shared hobbies or interests that can be scheduled flexibly.

These connections foster a sense of belonging and boost emotional health.

Explore the links below for resources that offer more tips on balancing work and social life while harmonizing these aspects of your unique schedule. By weaving social interaction and personal recharge into your routine, you can cultivate a more fulfilling life both in and out of work.

### RESOURCES

[Preventing Burnout](#)

[Work- Life Balance Tips](#)

["The Balancing Point" - Interviews with Flighties about Work-Life Balance](#)

[Hour of Power Benefit](#)

[Tools to Support Yourself](#)

[Free CALM App \(USA\)](#)



## LIGHTING MANAGEMENT

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### EFFECTIVE LIGHTING MANAGEMENT

Effective lighting management is crucial for night shift workers to maintain alertness and regulate the body's natural rhythms. Exposure to the right type and amount of light can significantly impact your mood, productivity, and sleep cycle. Here are some key tips to help manage lighting effectively, ensuring you stay energized and focused throughout your shift:

#### 1) Use Bright Light at Work:

Enhance alertness by exposing yourself to bright, artificial lighting during your shift. Consider investing in a light box or bright desk lamp, especially if your work environment is dim.

#### 2) Mimic Natural Light Changes:

Gradually decrease light intensity towards the end of your shift to help signal to your body that it's time to wind down. This can aid in transitioning from high alertness at work to relaxation and eventual sleep.

#### 3) Prevent Light Exposure Post-Shift:

Wear sunglasses on your way home or use blackout curtains to block out morning light, allowing your body to prepare for sleep. Limiting blue light exposure from screens in the hours before bed can also help promote restful sleep.

#### 4) Utilize Blue Light Glasses:

Consider using blue light-blocking glasses during non-work hours to reduce exposure, helping to protect your circadian rhythm from disruptions caused by screen time.

Implementing these lighting strategies can support a healthier sleep cycle, improve mood, and optimize performance during the night shift. Making small adjustments to how you manage light exposure can lead to significant improvements in overall well-being.

### PODCAST RECOMMENDATION

[The New Science of The Body Clock](#) - Dr. Rangan Chatterjee