

Sleeping Around Your Shifts

For people whose work hours move, and whose sleep has to move with them.

WHEN TO USE THIS

Use this when your shifts change or your sleep has fallen apart around work.

What does your work schedule look like right now?

Which days, which hours, and how often it changes.

When do you actually sleep on a work day? What about on a day off?

What gets in the way of sleeping once you get home?

1.

2.

3.

4.

What might make daytime sleep easier?

- ☐ Blackout curtains or an eye mask
- ☐ Earplugs or a fan for the noise
- ☐ Telling people my sleep hours
- ☐ Phone on silent, face down
- ☐ Sunglasses on the drive home
- ☐ A short wind-down, even at 8 a.m.

What is one thing you can set up or ask someone for this week?

Shift sleep is a harder job than most people realize. You are doing it anyway.

