



# Shift work

“In a Nutshell”

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## When eating, do try to:

- Keep to a regular eating pattern.
- Drink plenty of water.
- Be consistent with meal times on each shift this will help reduce cravings.
- Start your day with protein and follow on with carbohydrates towards bedtime.
- Eat at least one meal with our family this helps to maintain family routine.
- Before sleeping eat a light snack which can prevent being woken with hunger.
- Avoid big meals which are rich/greasy and/or spicy foods as they will sit in the stomach making you feel bloated and sluggish.

## What to eat on a night shift?

- Light easy to digest food
- Fish, poultry, vegetables and fruit, these foods are easy to digest
- If you have a rest before you go to work, try to make sure you eat little and often.
- Mid shift refreshment should be light soup salads and sandwiches

Avoid caffeine: in tea, cola, coffee, stimulant drinks and chocolate. Avoid alcohol: it can lead to poor quality sleep.

## Simple strategies to help you sleep

- Switch off the telephone, mobile and disconnect the doorbell
- Make sure your bedroom is quiet
- Tell your friends and family your shift pattern ask for their understanding
- Try to make your room dark, quiet and cool
- Try having the radio on in the back ground