Sleep Well: Tips for working during COVID Pandemic

At Work
- Don’t eat big meals during shift
- It’s okay to drink caffeine while on shift to stay alert; also drink water
- Drive home wearing sunglasses; if you feel too tired to drive, get a ride.

At Home
- Black-out Room: use aluminum foil or garbage bags on windows, or use an eye mask; and consider earplugs
- Talk family about the need for quiet
- Keep the lights off in your area
- Be aware: you’re sleepiest and more prone to error between 4 and 5 am
- Help each other stay alert; be social!

*Sleepfoundation.org, hse.gov.uk

Scientific tips for those who don’t normally work nights.