



**Flourish**  
at Newcastle Hospitals

# Working Well at Night

#SleepWell



## Before nights

- Make sure you usually have a good sleep routine.
- Get extra sleep before your shift. An afternoon nap is ideal as it reduces the length of time you have been continuously awake. A lie-in is an alternative.
- Plan how you will get home. Is there an option other than driving?
- Will you need to rest before driving home?

## Between nights

- If you are too tired to drive, have a short nap before leaving work.
- Have a snack before sleeping so you don't wake up hungry.
- Go to bed as soon as possible to maximise the amount of sleep you will get.
- Do not plan deliveries or daytime activities for the days between night shifts. Warn your housemates that you need to sleep.

## During nights

- Keep well hydrated and eat healthy snacks. Calories on nights DO count; they contribute to the adverse health effects of night working.
- Maximise exposure to bright lights in non-clinical areas.
- Breaks are essential: work as a team to cover each other for these.
- A 15-20 minute nap can significantly improve alertness.
- Longer naps may result in sleep inertia.
- Be vigilant for the 04:00 dip: your lowest physiological point.
- Work as a team to check calculations and be aware of the effects of fatigue on decision making.
- If you can, a consistent routine during shifts can help.

## Recovery after nights

- Have a short sleep in the morning and then get up.
- Aim to go to bed at your usual time; avoid a long lie in the next day.
- You'll need at least 2 normal nights sleep to re-set your sleep routine.

Find out more about  
the benefits of sleep at

[www.flourishatnewcastlehospitals.co.uk](http://www.flourishatnewcastlehospitals.co.uk)



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