

SAFETY FIRST

Sleep & Shiftwork

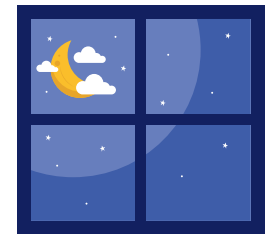
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The Canadian Centre for Occupational Health and Safety defines “**rotational shift work**” as schedules where shifts rotate regularly, often covering 24 hours a day, seven days a week. Night shifts pose unique challenges by disrupting the body’s natural 24-hour cycle, leading to sleep deprivation, worsening health issues, and impacting personal and family life.

To promote a healthy sleep schedule and reduce fatigue-related hazards, consider the following tips:

- **Maintain regular eating patterns** as much as possible.
- Experiment with work and sleep patterns to **identify a schedule that suits your body’s needs**.
- Create an environment conducive to deep sleep by **ensuring your sleeping space is comfortable, dark, and quiet**, especially if you must rest in the daytime.

By adopting healthy habits and prioritizing restful sleep, shift workers can better manage the unique challenges of rotational shift work. Remember, taking proactive steps to care for your body and mind not only enhances your work performance but also supports your personal and family life. Stay mindful of your health needs and **make sleep a priority**, no matter your schedule.



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