

Shift Work and Daily Routines

The Balancing Act:

Impact of Shift work

Poor sleep quality/ Sleep disorders (31%)

Gut health complications

Health Risks: heart disease (24%), metabolic syndrome (15%), cancers

Poor social networking/ social isolation

Higher levels of psychological distress

Work-life balance



Diet

Routines/
Schedules

Irregular shift
times

Physical
activity

Family
activities/
responsibilities

Work
expectations

Physical health

Social activities

Stress
Management

Sleep

Strategies to manage Shift work and wellbeing

Planning and schedules

- Know your Shift schedules
- Priorities time a
- Do activities you enjoy
- Set goals
- Be flexibly rigid – adapt to the schedule by keeping the important things for balance and well-being.



Physical Activity

Work around your roster

Heavy loaded days that are on day shift
Lighter intensity on transition shifts
Medium on night shifts

Keep it short and sweet

Blocks of 10 minutes up to 30min - 45 min

Exercise before night shifts

Assists with Mind and Body function

Exercise after but not 90 minutes before bed

Yoga, walks, light aerobic proven beneficial.



Meals and prep

1

- Know your shifts

2

- Plan your meals
- Break
- Lunch
- Dinner
- Snacks

3

- Set time to meal prep

4

- The slow cooker will be your friend
- Pack medium snack or meal

5

- Make it fun and less like a chore
- Eat meals with others



Sleep Routines

Routine: Create a bedtime routines

Maintain relatively stable routines even on days off

Sleep: 7-9 hours per night

Naps: 20-30min or 90 min nap duration.

Shift preparation: Change of circadian rhythm

Prepare: delay or bring forward sleep time to assist

Bedroom Environment: Temp 16.5-20 degrees,
Noise, earplugs, Light and dark exposure

Sleep Prep: Wind down practice, limit screen time,
meditation, rewire bed and sleep relationship