

## CHECKLIST OF THE PROPOSED STRATEGIES OR COPING BETTER WITH NIGHT WORK

<b>Category 1</b> <b>Strategies to</b> <b>facilitate sleep</b>	1. Sleep in your bed.	<input type="checkbox"/>
	2. Adopt a bedtime routine.	<input type="checkbox"/>
	3. Organize your sleep environment (aim for a dark, cool and quiet environment). <i>Inform family and friends of your sleep schedule.</i>	<input type="checkbox"/>
	4. Use a special bedroom to sleep during daytime.	<input type="checkbox"/>
	5. Careful use of sleep-inducing substances (alcohol, sleeping pills, and melatonin).	<input type="checkbox"/>
	6. Avoid caffeine in the last hours of your night shift.	<input type="checkbox"/>
<b>Category 2</b> <b>Strategies to</b> <b>sleep during the day</b>	7. Choose the right time for daytime sleep <b>Option 1:</b> Sleep mainly when you come home from work (avoid morning light). <b>Option 2:</b> Sleep mainly before going to work (yes to morning light). <b>Option 3:</b> Divide sleep between these two periods (avoid morning light). <i>For all options : keep the same sleep schedule for all night shifts, plan for at least 7 hours of sleep per day, and sleep in the dark.</i>	<input type="checkbox"/> <b>1</b> <input type="checkbox"/> <b>2</b> <input type="checkbox"/> <b>3</b>
	8. Anchor sleep. <i>When possible, have an hour of sleep that is always the same on workdays and days off.</i>	<input type="checkbox"/>
	9. Add a daytime nap (preferably always at the same time).	<input type="checkbox"/>
<b>Category 3</b> <b>Strategies to</b> <b>increase alertness</b>	10. Use caffeine before work or early in the night shift.	<input type="checkbox"/>
	11. Take a nap before or during the night shift.	<input type="checkbox"/>
	12. Expose yourself to light during the night shift. <i>Choose the timing of exposure according to when you sleep during the day: at the beginning of night shift for option 1, at the end of night shift for option 2, in the middle of night shift for option 3.</i>	<input type="checkbox"/>
	13. Reduce the risk of having an accident when returning home.	<input type="checkbox"/>
<b>Category 4</b> <b>Strategies to</b> <b>improve quality</b> <b>of life and health</b>	14. Involve the family.	<input type="checkbox"/>
	15. Choose what and when to eat.	<input type="checkbox"/>
	16. Increase physical activity.	<input type="checkbox"/>
	17. Reduce the sources of stress.	<input type="checkbox"/>
	18. Inform your doctor and pharmacist that you work at night.	<input type="checkbox"/>