

CHECKLIST OF THE PROPOSED STRATEGIES OR COPING BETTER WITH NIGHT WORK

Category 1 Strategies to facilitate sleep	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"/>
Category 2 Strategies to sleep during the day	7. Choose the right time for daytime sleep Option 1: Sleep mainly when you come home from work (avoid morning light). Option 2: Sleep mainly before going to work (yes to morning light). Option 3: 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"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	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"/>
Category 3 Strategies to increase alertness	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"/>
Category 4 Strategies to to improve quality of life and health	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"/>