

Night work

Fact sheets – Rotational shiftwork

Canadian Center for Occupational Health and Safety (Government of Canada)

<https://www.ccohs.ca/oshanswers/ergonomics/shiftwrk.html>

Information brochure: “Strategies for night shift workers”

Marie Dumont, for the Canadian Sleep Society (CSS), updated 2016.

<https://css-scs.ca/resources/brochures/night-shift-workers>

Coping with shift work

UCLA Sleep Disorders Center

<https://www.uclahealth.org/sleepcenter/coping-with-shift-work>

Assessment of the health risks for professionals exposed to atypical working hours, especially night work

ANSES opinion.

Collective expert report. Scientific Edition. May 2016. 408 pages. *In addition to a critical review of recent scientific literature, the report includes a chapter on the biological clock (Chapter 3), and one on means to prevent health risks associated with night work (Chapter 9).*

Also available in PDF in the Resources section.

<https://www.anses.fr/en/content/anses-confirms-health-risks-associated-night-work>

Sleep disorders

Sleep on it Canada:

<https://sleeponitcanada.ca/>

Canadian Sleep Society (CSS):

Patient information brochures

<https://css-scs.ca/resources/brochures>

Sleep medicine health services in Canada

<https://css-scs.ca/resources/provider-map>

American Academy of Sleep Medicine (AASM):

Information on sleep and sleep disorders

<http://sleepeducation.org/>

Accredited sleep centers in the US

<http://sleepeducation.org/find-a-facility>

Canadian Sleep and Circadian Network (CSCN):

<https://www.cscnweb.ca/material-for-patients-and-the-public>

National Sleep Foundation

<https://www.sleepfoundation.org/sleep-disorders>

Center for Advanced Research in Sleep Medicine

Sacre-Coeur Hospital of Montreal – CIUSSS du Nord-de-l'Île-de-Montréal

<http://www.ceams-carsm.ca/en/>

Driver fatigue

Driver fatigue. Fatigue management guide for use by the carrier transportation industry.

SAAQ (Québec) 2011.

Also available in PDF in the Resources section.

<https://saaq.gouv.qc.ca/fileadmin/documents/publications/driver-fatigue-guide.pdf>

Light

BlueBlock glasses Somnitude

A Canadian company selling orange glasses that blocks most of the stimulating blue light.

Useful to protect your biological clock from light exposure during work-home commuting after a night shift (options 1 and 3 of strategy #7 “Choose the right time for daytime sleep”).

www.blueblockglasses.com

Caffeine

Caffeine in food

To check on caffeine concentration in food and drinks, to take at the beginning of the night shift to improve alertness (strategy #10), and to avoid in the second half of the night to protect daytime sleep (strategy #6).

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods/foods.html>

Nutrition

Nutrition tips for shift workers.

Dietitians of Canada. Updated September 2019.

Also available in PDF in the Resources section.

<https://www.unlockfood.ca/en/Articles/Workplace-wellness/Nutrition-Tips-for-Shift-Workers.aspx>

Physical activity

Canadian 24-hour movement guidelines: An integration of physical activity, sedentary behaviour, and sleep.

Canadian Society for Exercise Physiology

<https://csepguidelines.ca/>

Stress management

Self help guide for stress management.

Gérard Lebel. Douglas Hospital. June 2013.

Comprehensive (166 pages). Includes many questionnaires and practical tools.

Also available in PDF in the Resources section.

http://www.douglas.qc.ca/publications/153/file_fr/guideautosoinstressjuin2013en.pdf