

YOUR STRATEGIES

Write OK (I already do it), NO (It doesn't suit me) or YES (I want to try).

Strategy 1 : Sleep in your bed

If YES, describe how you plan to sleep in your bed.

Strategy 2 : Adopt a bedtime routine

If YES, describe the steps of your new bedtime routine for the 30 minutes preceding bedtime.

Strategy 3 : Organize your sleep environment

If YES, describe the changes you plan to make in your sleep environment.

Strategy 4 : Use a special bedroom to sleep during daytime

If YES, describe how you plan to set up your special bedroom.

Strategy 5 : Careful use of sleep-inducing substances

If YES, describe the changes that you wish to make in your own personal use of alcohol, sleeping pills or melatonin.

Strategy 6 : Avoid caffeine in the last hours of your night shift

If YES, describe the changes you want to make in your caffeine use during a night shift.

Strategy 7 : Choose the right time for daytime sleep

If YES, describe the option that you want to try, with the chosen sleep schedule and the recommendations that you want to follow. You may also write down the advantages and disadvantages that this option has for you.

Strategy 8 : Anchor sleep

If YES, write down your sleep schedule on days off, according to the option that you choose for your daytime sleep on workdays.

Strategy 9 : Add a daytime nap

If YES, write down the chosen time for your daytime nap.

Strategy 10 : Use caffeine early in the night shift

If YES, write down the time when you plan to have caffeine in order to improve your alertness during the night shift.

Strategy 11 : Take a nap before or during the night shift

If YES, write down the time when you plan to take a nap, along with its expected duration.
During the night shift, don't forget to allow yourself about 10-15 minutes before resuming work after the nap.

Strategy 12 : Expose yourself to bright light during the night shift

If YES, write down the time when you plan to expose yourself to light during your night shift..

Strategy 13 : Reduce the risk of having an accident when returning home

If YES, describe the strategies that you plan to try to reduce the risk of having an accident after your night shift.

Strategy 14 : Involve the family

If YES, describe the strategies you want to try, in order to help the family cope better with night work.

Strategy 15 : Choose what and when to eat

If YES, write down the times when you plan to eat your meals and snacks. You may also add some examples of menus that you enjoy.

Strategy 16 : Increase physical activity

If YES, describe the activity you choose to adopt, and specify when and how often you plan to do it.

Strategy 17 : Reduce the sources of stress

If YES, write down the solutions you want to try to reduce your sources of stress.

Strategy 18 : Inform your doctor and pharmacist

If YES, write down the concerns or health problems that you wish to discuss with your doctor or pharmacist.
