The stress of the COVID-19 pandemic can impact our sleep. There are additional challenges for those working night/irregular shifts. These tips can help improve your sleep if you are a shift worker.

Find the right sleep schedule for your shift pattern.
- Take a nap (about 90 mins is best) before your night shift
- After finishing a night shift, have a short sleep and go to bed earlier that night

Make your awake times bright and your sleep time dark.
- Expose yourself to daylight when possible during the day
- Make your bedroom as dark and quiet as possible during sleep

Limit screen time by not using phones or computers in bed.
- Instead, try unwinding by reading books, listening to music, having a hot bath or doing breathing exercises

Eat a healthy diet.
- Avoid heavy foods, coffee, and alcohol 4 hours before bed
- Don’t go to bed hungry – eat a light snack if needed

Exercise every day.
- Physical activity helps sleep
- Try a brisk walk or an online workout at home before work