

## Top Ten Tips for Shift Workers...

**Increase your Physical Activity.** Walking, stretching and moving around unleashes good bodily changes that make you feel refreshed and alert. Walk around outside or inside the workplace during your breaks.

**Watch What You Eat.** Certain foods and substances can increase your alertness. Natural sugars, such as those found in fruit, fruit juices, and vegetables can help you stay awake.

**Avoid Energy Draining Foods and Drinks.** Although caffeine and sugar provide your body with a sense of quick energy, their long-term effect is a rebound into sluggishness. Avoid excessive caffeine and sugary snacks.

**Stretch.** Stretch or do isometric exercises (tensing muscles for 10-15 seconds, then relaxing) to keep blood moving in your body and you feeling alert.

**Drink Up.** Drinking plenty of water throughout the day is an excellent way to stay alert, avoid dehydration, and improve your physical performance. Aim for six to eight glasses of water each day.

**Invest in Power Naps.** Take a 20 to 30 minute nap before work. Power naps can improve your alertness when working the overnight shifts.

**Get the Temperature Right.** Cool, dry air helps keep you alert. Heat and humidity will make you feel sleepy. Keep your work area cool (below 70F/21C) and well ventilated. Layer your clothing so you can add or shed clothing depending on your body temperature.

**Brighten Up.** Make sure your work space is well lit. Bright light tends to increase your alertness while dim light can lead to drowsiness. Expose yourself to bright natural light or artificial light quickly when you feel sleepy.

**Listen Up.** Steady, repetitive sounds, like an old fashioned wind up clock, will cause sleepiness while irregular or variable sounds, like a radio station with a good mix or music and talk, will enhance alertness.

**Think Safety.** When alertness is low, avoid safety sensitive tasks and making important decisions about safety.

*Need more help staying healthy? Your Employee Assistance Program (EAP) can help.*

*Call: 1.800.387.4765 for English, 1.800.361.5676 for French.*