

HEALTHY SLEEP FOR SHIFT WORKERS

Getting plenty of sleep – this surely tops the wish list for anyone who works the late or night shift and therefore has to sleep during the day. This requires one thing above all: quiet! But how can you ensure that? We've collected a few tips in our infographic: Factors such as daylight, a too-warm room temperature and what we eat and drink can all disturb our sleep during the day, which is two hours shorter than an undisturbed night's sleep in any case.

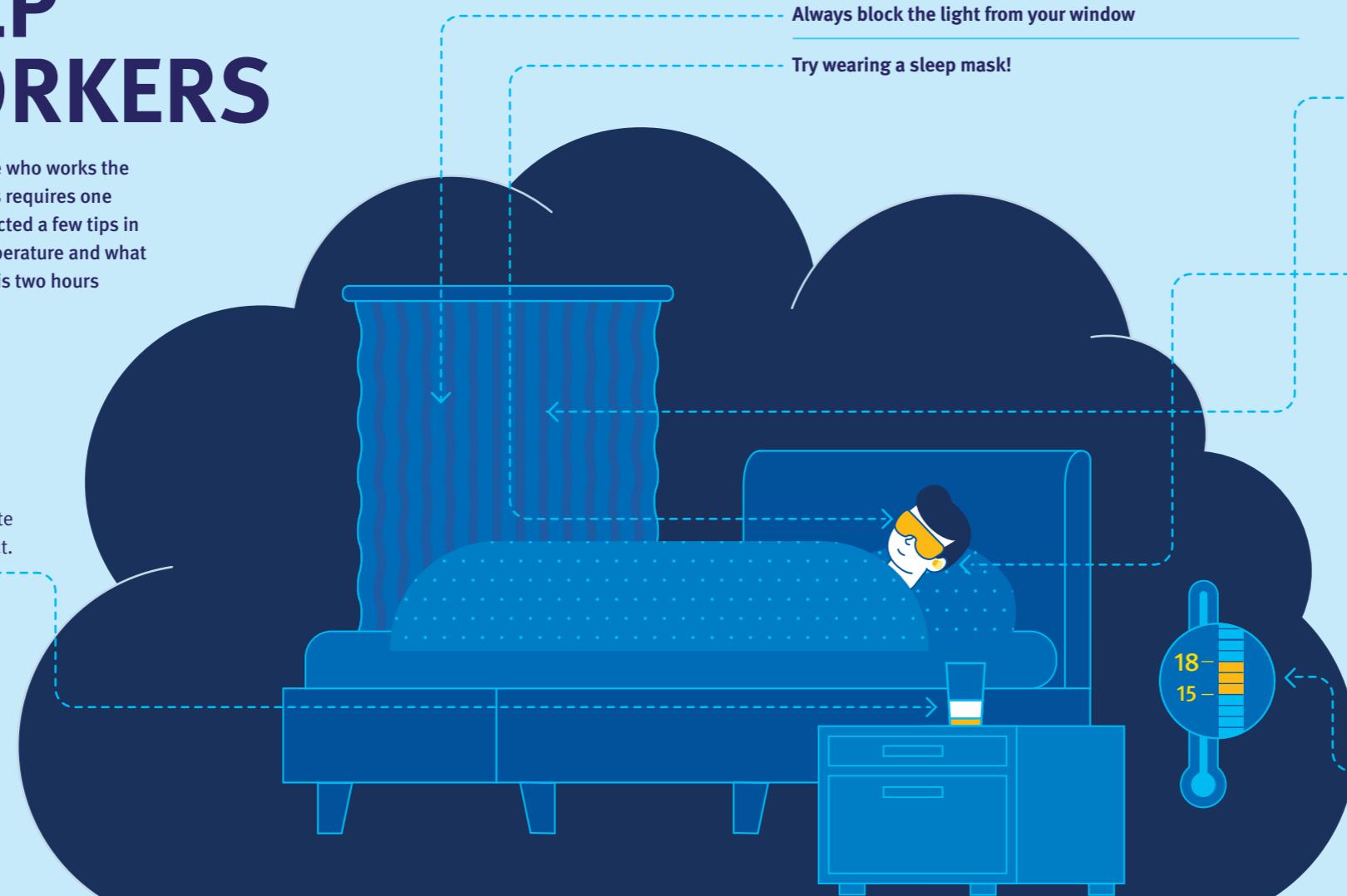
EATING AND DRINKING BEFORE SLEEP:

A bedtime snack can improve sleep – milk, bananas and chocolate contain L-tryptophan, a substance that has a sleep-inducing effect. Also good: **milk with honey**.

 Your last meal should be eaten three hours before bedtime.

Please don't consume any alcohol – beer promotes the need to urinate, and when you are under the influence of alcohol you will have fewer phases of deep sleep!

 Don't consume caffeine or nicotine before going to bed.



Always go to bed – depending on your shift – at a fixed time!



Always get up – depending on your shift – at a fixed time!



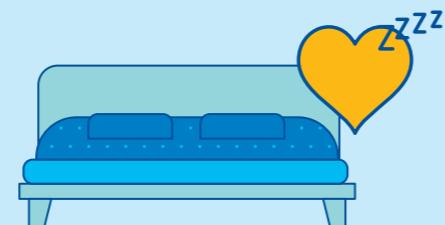
Don't go to bed immediately after work! Give yourself 30 minutes to an hour to wind down.



No working on a computer and no surfing the Internet before going to bed!



An adult requires **7 hours** of sleep per day, **49 hours** per week. Those who sleep less collect a sleep deficit and erode their resources for sustaining life.



The bedroom should be used only for **sleep** and for **intimacy**. The TV, computers, cell phones and even books should be kept out!

HOW TO PROTECT YOURSELF FROM DISTURBING LIGHT:

Place your bed in the darkest corner of the room – or behind a cabinet!

Always block the light from your window

Try wearing a sleep mask!

HOW TO PROTECT YOURSELF FROM DISTURBING NOISE:

Your bedroom should be in the quietest part of your house or apartment (facing the garden or a quiet side street).



Turn off your cell phone and lower the volume of the doorbell

Hang thick curtains in front of the window if you don't have shutters.

Your bedroom should always be separated from rooms where routine family activities take place such as the kitchen, children's bedrooms, and bathrooms.

Try earplugs!

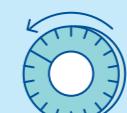
HOW TO PROTECT YOURSELF FROM DISTURBING HEAT:

Move your bedroom in the summer to a room facing west or north – so it isn't facing the morning and midday sun.



Air the room before going to sleep!

The ideal bedroom temperature is between 15 and 18 degrees Celsius.



SLEEPING IN PHASES – A GOOD IDEA AFTER WORKING A NIGHT SHIFT!



Sleeping in two phases provides the following benefits for night-shift workers: There is time for family and leisure activities after the first four-hour phase

(8 a.m.-12 noon). The second sleep phase in the late afternoon (5-8 p.m.) helps you hold up better through the night.