Sleep plan for night shifts

For nurses, first responders, drivers and other shift workers

Day	Shift	Sleep (from–to)	Nap	Caffeine until	Light/dark
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

- Sleep right after a night shift in a dark, cool room
- Wear sunglasses on the way home
- Nap 10–20 min before your shift
- Caffeine early in the shift, not at the end
- Too sleepy? Do not drive