



Nightshift Wellbeing Guide

BEFORE shift:

- Aim to come to work well rested.
- Prepare for your first night shift by getting extra sleep before working. Have a longer lie in and then have a later afternoon nap of at least two hours before coming on duty.
- If you have a long commute consider having a nap or rest at the hospital before the start of your shift.
- Consider using public transport or car sharing.



DURING shift:

- HALTTT (hungry, angry, late, tired, thirsty and needing toilet) impacts your effectiveness. Keep hydrated and eat proper meals during your shift that provide slow energy release rather than a short sugar burst.
- Your department may be busy but it is still important to take breaks. Any shift over 9 hours is entitled to 2 x 30 min breaks. Taking breaks helps counteract fatigue, as well maintain your own efficiency and wellbeing.
- You may wish to take more frequent but shorter breaks e.g. 4 x 15 min breaks if you find that helps your energy levels. If so, confirm this with your team leader.



- Minimise risk of interruptions by informing the nurse and/or doctor in charge when you are taking your break and where you will be. Before leaving briefly document any relevant patient notes and all recommended actions required over the next 30 minutes. You can then complete notes and any further actions when you return from your break.
- Restorative rest such as a brief period of napping can reduce fatigue, improve vigilance and alertness. Aim for no longer than 10-30 minutes and set an alarm so you can really relax and not worry about over-sleeping. Find a quiet room not being used or the Staff Facilities. Allow some time to snap out of your post-nap grogginess – e.g. take a brief walk or stretch to get your brain back into work mode.

AFTER shift:

- If you have a long commute, consider having a rest or nap before departing. Have some food available to snack on en route.

- If tired whilst driving, take a break! Your life and that of others may depend on it. If fatigue from work is found to contribute to a road accident this does not protect you from potential prosecution.



- Once home try to sleep immediately.
- Coming off nightshift and back onto day shift can be difficult. Try to have a short sleep when you get home after your last shift, do normal day activities when you wake up and then go to bed at your regular time that night to get back to your usual sleep routine.

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