NIGHT SHIFT
Self-Care Guide

1 Caffeine Timing

What: Drink coffee/tea only during the first 3-4 hours of your shift.

Why: Late doses of caffeine block adenosine and delay deep sleep.

2 Warm Shower Before Sleep

What: Take a 5-10 minute warm shower right before bed.

Why: Warm water raises skin temperature briefly; the body cools afterward and signals to your brain its time to rest.

3 Light & Screen Management

What: Switch your phone to night mode; dim lights if possible.

Why: Gradually lowering light helps your body produce melatonin.

4 Balanced Night-Shift Snacks

What: Eat light snacks high in fiber/ protein. Avoid sugary or high carb foods.

Why: Steady fuel supports focus and avoids crashes.

5 Rest-Ready Room

What: Prepare a quiet, dark, cool bedroom before work. Blackout curtains/eye mask, fan or white noise, temp around 65-68.

Why: Darkness, steady sound, and cool air cut down on awakenings and help you fall asleep faster.

6 Aromatherapy

What: Use a familiar, calming scent like lavender when you go to bed after night shifts.

Why: A consistent scent become automatic cues or signals for rest.

Gaylord Specialty Healthcare