

Recognizing and Managing Shift Work Disorder, an Underdiagnosed Condition: *Improving Quality of Life*

Sleep/Wake Hygiene Measures for Shift Work Disorder



Create a pleasant and relaxing environment that is conducive to sleep

- Turn off TV, radio, telephone
- Use ear plugs



Minimize noise, light, and extreme temperatures in bedroom*



Use light during wake times and dark during sleep times



Avoid caffeine, nicotine,* other stimulants, and alcohol* too close to bedtime



Avoid large meals close to bedtime*



Allocate adequate time for sleeping



Avoid stressful or stimulating activities close to bedtime



Get regular exercise but not within several hours of going to sleep

*National Center on Sleep Disorders Research and Office of Prevention, Education, and Control. National Institutes of Health. National Heart, Lung, and Blood Institute Working Group on Insomnia. Insomnia. Assessment and management in primary care. 2000.