

Tips for maintaining health during night shift

...from M4s and BU faculty!

GENERAL



- Stay hydrated
- Maintain basic hygiene - shower and brush your teeth!
- Try to wrap up your work and not leave things for the next morning
- Try to have a consistent schedule
- Limit blue light exposure before bed. Try to avoid screen use before sleeping.

SLEEP



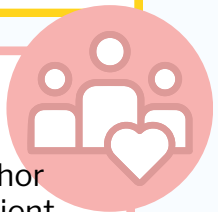
- After an overnight shift, go directly to bed. Avoid using your morning time to run errands or study
- Ensure your bedroom is dark and cool
- Try using an eye mask, earplugs, blackout curtains, white noise machine or a fan
- Check out more sleep resources [here](#).

EAT WELL



- Aim for vegetables, salads, fruits, wholegrain sandwiches, yogurt, cheese, eggs, nuts, green tea.
- Avoid sugar-rich and low-fiber carbohydrates
- Try to limit caffeine 7 hours before sleep
- Avoid alcohol

SOCIAL HEALTH



- Identify someone to be your anchor during each rotation - a peer, patient, or allied professionals - and embrace that connection!
- Connect with your coworkers - it'll be much more enjoyable for everyone.
- Maintain contact with friends and family, even if it's a quick call!

PHYSICAL ACTIVITY

- Incorporate activity into your day. Even if it is for 10 minutes, that's better than nothing!
- Bike or walk to work, get off a bus stop early, walk outside during break, or take the stairs instead of the elevator.



MENTAL HEALTH

- Find activities that get you in a positive state of mind (e.g., journaling, mindfulness, yoga, seeing friends, and talking to someone)
- Inform your friends and family when you are working nights, so they can stay connected and support you.

