



Sleep Health Tips for Shift Workers

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Shift workers tend to be continually sleep deprived due to a number of circumstances such as irregular shift patterns, overtime, and other personal commitments.

Frequent tiredness and fatigue are persistent issues that impact shift workers. Rotating shift patterns and improper sleep hygiene cause issues such as insomnia, poor performance and mood disturbances.

'According to the International Classifications of Sleep Disorders, shift workers are at increased risk for a variety of chronic illnesses such as heart disease and gastrointestinal diseases'. [Sleep Foundation]

In this session, tips will be shared on ways to improve sleep quality, and structuring the day for enhanced performance.

Topics include:

- Tips for scheduling shifts
- Sleep Wake schedules
- Health & Lifestyle - Self care habits for improved sleep quality
- Limiting screen time
- Mindfulness - Creating a mental space for rest
- Staying alert on the job

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.