

Night Shift Survival Guide

APP EM Ready

The Reality of Night Shift

Night shift challenges your circadian rhythm, cognitive performance, and emotional resilience. Preparation is key.

Protect Your Sleep

Aim for 5–7 hours of sleep. Use blackout curtains, eye masks, and avoid screens before bed.

Pre-Shift Routine

Hydrate, eat balanced meals, and do light movement before your shift.

Caffeine Strategy

Use caffeine early in your shift and avoid it 4 hours before ending.

Smart Fueling

Focus on protein, healthy fats, and hydration. Avoid sugar crashes.

Clinical Safety

Reassess patients, use decision tools, and avoid rushing decisions.

Post-Shift Recovery

Limit light exposure, keep a consistent routine, and prioritize sleep.

Final Thought

Night shift doesn't have to be something you survive—it can be something you master.

Want More?

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