

Night Shift Quick Checklist

APP EM Ready

Before Shift:

Slept at least 5–7 hours
Hydrate
Eat balanced meal
Pack snacks

During Shift:

Controlled caffeine
Steady hydration
Reassessed patients
Communicate clearly

After Shift:

Limited light exposure
Protected sleep environment
Consistent routine

Pro Tips from Experienced APPs

- “Slow is smooth, smooth is fast”
- Don’t make big decisions when exhausted—pause and reassess
- Always trust your gut when something feels off
- Preparation beats confidence

Have sunglasses, put on before going outside

Want more?

Visit [AppEMReady.com](https://www.appemready.com) to explore our 8-week course, Mentorship Opportunities, and other toolkits.

