

Fatigue Mindfulness

Research shows that shift workers are at a higher risk for developing certain mental and physical diseases. They also have a greater risk of injury, this is due to fatigue and it is preventable by ensuring adequate rest before the start of a shift.



Sleep is medicine



Shift workers are six times more likely to be in a fatigue-related road accident than other workers

What is considered shift work?



Shift work is anything outside of the standard 9am-5pm work schedule.

Tips for a good night's rest:

- Limit your caffeine intake and don't consume caffeinated beverages later in the day.
- Keep a sleep/wake schedule, even for your days off if possible.
- Turn off electronic screens one to two hours before you plan on sleeping.
- Avoid alcohol, it is a stimulant that may help you to fall asleep but it will also lower the quality of your sleep.
- Get your family and friends aware and on board with your sleep schedule so that you will not be disrupted while trying to rest.
- Take a nap if need be, just make sure that it isn't too long or too often as that might disturb your sleep schedule.
- Use black out or heavy blinds and make sure that the bedroom is cooler at night, most people sleep better in a cooler environment.
- Exercise throughout your day but try not to make it too close to bedtime.
- Improve your eating habits and make sure that you are not going to bed on a completely empty stomach. Try to avoid filling up on fatty, spicy and heavy meals later in the evening.



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