

top tips for shiftworkers

A healthier lifestyle

 In addition to a healthy diet – you should also remember to...

 **Eat regularly** – to help with energy levels, try to have 3 balanced main meals in each 24 hour period, instead of eating very little throughout the day and then a big meal at the end of your shift! Sit down, relax and let your food digest.

 **Stay active** – during breaks or time at home, try to do some regular exercise (even if it's just light – walking up and down stairs). Physical activity can improve quality of sleep and reduce stress as well!

 **Keep hydrated** – don't forget to drink (water is best) to prevent dehydration! Dehydration may make you feel tired and possibly lightheaded. Carrying a re-usable water bottle with you can help remind you to keep hydrated.

Hydration can also affect your sleep – drinking too little can cause you to wake during your sleep feeling thirsty; drink too much, and you might wake needing the toilet! Try your best to balance your fluid intake.

Caffeine lovers

Relying on caffeine to stay awake?



Recommended **limit** of caffeine for adults in 24 hours = **400 mg**

You should also try avoiding having more than 200mg in one sitting

Too much caffeine can increase anxiety, stop you from sleeping after your shift and may lead to heart problems over time.

How much caffeine are you having in one day (average measures)?



tea
75mg



coffee
100mg



cola
40mg



energy drink (250ml)
80mg



If you have 2 mugs of tea 150mg
2 mugs of coffee + 200mg
1 large energy drink can (500ml) + 160mg

= you will have gone over the recommended limit of caffeine for adults in a 24 hour period

NOTE: If you are **pregnant**, your daily limit of caffeine is 200mg.

NOTE: Try not to drink any caffeine **4 hours** before sleep.

Energy drinks

Find yourself grabbing these often?



REMEMBER: Energy drinks contain caffeine, and having more than 1 small can of energy drink close to bedtime can affect sleep in some people.

Although you may reach for energy drinks to help you stay awake and alert during long shifts, be careful about having too many.

Many energy drinks contain lots of **added sugars** which are linked to **tooth decay** and **weight gain**. Drinking just 1 large (500 ml) can of an energy drink can easily take you over the amount of sugar you should be having in a day, so do **limit** your intake and try to choose '**diet**' versions.

Energy boosts

During your long shift, do you often find yourself grabbing sugary foods and drinks like chocolate and biscuits to try and give yourself a quick energy boost?

It's a better idea to choose **fibre-rich foods**, as they **release energy more slowly**. Why not try these fibre-providing snacks:



Fruit



Vegetable sticks



Unsalted nuts



Rye crispbread
with **nut butter**



Lower sugar cereal bar



Wholemeal pitta
with **houmous**