

Sleep and Shiftwork



17hrs without sleep is as dangerous as having a blood alcohol content of 0.05%

The importance of sleep

Sleep is our body's way of recharging, and plays an important part in our health.

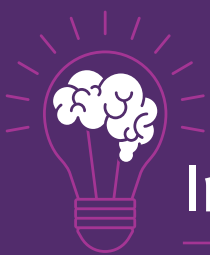
Some of the benefits of quality sleep include:

- Tissue repair and muscle growth, and a boost for the immune system
- Consolidates memories and improves attention and concentration
- Can assist with maintaining a healthy weight and metabolism

How shiftwork affects sleep

Our bodies are programmed to be most alert during the day, and to rest at night. Shiftwork can have a lasting effect on your sleep routine.

- Shiftworkers can sleep one hour less per day than non-shift workers due to their hours of work
- Often report feeling less rested at work and away from work
- May find it harder to concentrate and be alert when at work



Improving your sleep

- Try to go to bed and wake up at the same time every day
- If you have to sleep during the day, ensure your bedroom is kept cool & dark
- If you can, sleep just before going to work or take a 15min nap
- Avoid caffeine, alcohol & sugary foods & eat a healthy, balanced diet

If you have concerns about feeling fatigued at work

Speak with your Supervisor or Work Healthy Australia Onsite Health Provider.

1300 734 643

workhealthyaustralia.com.au
discoverwha@workhealthyaus.com.au