

5 Tips to Survive the Nursing Night Shift



Maintain a Night Shift Schedule

Adjust your circadian rhythm and ask your manager to schedule night shifts consistently in order to help your body adapt to the new hours. The key is being consistent with sleeping patterns to minimize “night shift hangovers”.

Spend Your Down Time With Daytime Activities

Working the night shift means you’re able to do more things in the daytime that typical 9-5 workers aren’t able to do. Take the time to explore all that your daytime has to offer.



Napping is an Effective Method of Rest

Instead of coming home from a night shift and immediately going to sleep, try a sandwich technique where you nap twice a day, but stay awake for a period of time in between.



Restore Energy with Healthy Foods

Instead of relying on caffeine beverages combat fatigue with a balanced diet of fruits, quinoa, leafy greens, nuts, edamame, and fatty fish that naturally fuel the body.



Keep Your Mind and Body Active

Stay motivated throughout the night shift by keeping yourself engaged with low-priority tasks, exercising on breaks, and deepening connections with your nurse team.



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