



Top 10 Tips For Shift Workers To Combat Sleepiness and Drowsy Driving

- 1 Make your bedroom dark—like nighttime—and sleep at the same time every day.
- 2 Block or mask outside sounds.
- 3 Lower your thermostat before going to bed.
- 4 Maintain or improve your overall health.
- 5 Avoid caffeine several hours before bedtime.
- 6 Avoid alcohol several hours before bedtime.
- 7 Know the side effects of your medications.
- 8 Close the bedroom door and hang a “Do Not Disturb” sign on it.
- 9 Unplug the telephone in your bedroom.
- 10 Develop a relaxing sleep ritual.