

THE 12 LIFESTYLE STRATEGIES

W
O
R
K
-
L
I
F
E

B
A
L
A
N
C
E

L
I
V
E

T
H
E

L
I
F
E

SLEEP ZONES will help you plan the best sleep time and length to improve your sleep quality. This will, in turn, promote improved quality of life such as wellness, health, and at work performance to help protect your safety. The ARC model identifies an optimal example of your recommended sleep pattern.

ANCHOR SLEEP is a consistent period of sleep time set aside prior to and following a night shift to help promote a pattern of restorative sleep and foster chemical processes in the body that help recharge energy levels. Anchor Sleep is often embedded within longer sleep periods (some beginning earlier, and others ending later) and assists with stabilizing the overall sleep pattern.

NAP ZONES show the best times to take a nap to help enhance your alertness and reduce fatigue during the night shift, or to recharge your alertness during the afternoon Alertness “dip” that can occur around 3pm to 5pm. The short duration of recommended naps shown in your planner will help avoid slipping into deep sleep. This is important as deep sleep increases the duration of *Sleep Inertia*, a groggy sleepy feeling that lasts for 30-60 minutes after awakening. Keep naps between 10-30 minutes, or at most 1.5 hours to avoid deep sleep.

FATIGUE ZONES are periods within a shift where alertness levels are especially prone to dangerous alertness dips, requiring you to take action to manage that risk. It is important to review your planner and perform strategies of isometrics and caffeine timing in order to combat the pressure to sleep that is especially high during these times.

FOOD SELECTION is an important aspect of maintaining alertness when working shifts. The types and timing of food intake recommendations have been designed to match your shift. Protein (**P**) based meals such as chicken or fish are best before night shifts, as they provide a good source of slow-release energy. Light (**L**) meals such as salads or soups are best following a day shift where your upcoming night sleep is within a few hours of your meal. Overall, a “grazing” strategy of eating smaller meals more frequently helps you to adjust to night shifts as well as enjoying less fatigue during other work, rest, and leisure times. The Full (**F**) meal is a meal of your choice on days off ideally integrated into a family meal time.

SLEEP HYGIENE is a set routine that you perform before going to bed to help set up the mind and body for good quality and quantity of sleep. Simple practices help you relax and de-stress; a warm bath, blocking out strong light, reading, and turning off radios, TV, phones, and computers will help improve your sleep. Allow yourself about an hour to wind down and perform your sleep hygiene each time before night or day sleep.

SLEEP INERTIA occurs when you first wake up and typically lasts 15 to 30 minutes, but may last up to one hour depending on how sleep deprived you are. During this time the mind and body are at a reduced level of alertness and capacity that may cause trouble performing even simple tasks. Be especially aware of this risk.

YEARLY PLANNING for your personal time is improved by the unique design of the LENSplanner by showing every day of the year at a glance. This allows for advance planning of date-specific events, as well as the ability to choose dates for events so that they occur on peak-alertness off days.

CAFFEINE TIMING can help you manage at-work alertness as well as protect your sleep quality. The effects of caffeine (coffee, tea, soda, energy drinks) can last for up to five hours after consumption and disrupt sleep quality and quantity. The LENSplanner shows when to begin to Curb Caffeine (**C**) on night shifts, several hours before sleep is scheduled. To help manage your fatigue zones, especially during night shifts, start caffeine use before the onset of the fatigue zone.

EXERCISE can greatly contribute to combating fatigue and maintaining alertness. Aerobic (**E2**) exercises (raising the heart rate) are recommended for certain non-working hours. Isometric (**E1**) exercises (pushing, pulling, stretching), are ideal during fatigue zones, for a few minutes at a time, repeating as necessary through the fatigue zone

TRANSITION DAYS (T) are your last full day and night off before going onto night shifts. Use this day to finalize preparing yourself to transition to night shifts by following the ARC as close as possible with regard to phasing sleep cycles. This will prevent an abrupt change in your rest/work schedule that can be very difficult to adapt to.

RECOVERY DAYS (R) are your first full day and night off after being on night shifts. Use this day to help phase your sleep back to a “day work/night sleep” schedule, and to catch up on the sleep shortages that are inherent during night shifts. The ARC allows for significant hours of sleep on these days, be sure to use them. Discuss with your household the importance of your recovery day sleep, and coordinate cooperation while keeping your home environment suitable for quantity and quality sleep on your recovery day. Remember that these are not “family” days or “quality days” and the rest you get on this day will benefit you and them by improving the quality of your social and family time on the balance of your days off.



IT'S ABOUT TIME!
247LENS.CO

*** All included materials are general guidelines and all individuals should always consult with their doctor first to discuss and plan the best course of action under the care of a qualified physician and /or sleep expert. All strategy times are approximate.**