

Navigating sleep and shiftwork



Black Dog
Institute

Impacts of shiftwork on sleep

Physical & mental health

- Mood disorders
- Cognitive function
- Physical health

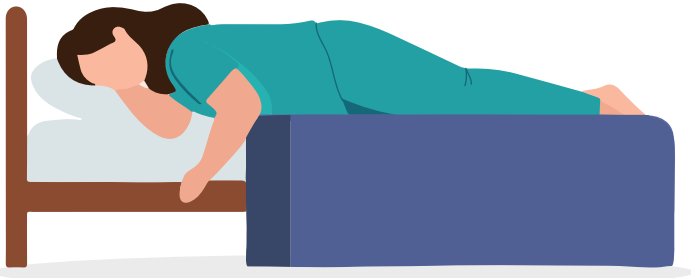
Patient care

- Quality of care
- Medical errors
- Patient satisfaction



Healthy sleep habits for shiftworkers

1. Protect your sleep window
2. Use light wisely to support your body clock



3. Think in sleep blocks, not just one long stretch
4. Plan your transition back to daytime
5. Create a pre-sleep wind-down routine – even during the day
6. Use noise management strategically
7. Anchor your day with a wake-up routine
8. Track your sleep, but don't obsess

Ready to learn more?

Black Dog Institute has developed a free online program called Navigating Sleep and Shiftwork, as part of **The Essential Network for Health Professionals (TEN)**.

TEN's e-health hub offers discrete and convenient access to support, including:

- self-guided mental health check-up
- evidence-based tools and resources
- peer support
- digital mental health programs including Navigating Burnout

We understand that confidentiality is extremely important to health professionals. Resources on TEN can be accessed anonymously. TEN is not funded by Medicare and your interactions with the service won't be recorded on 'My Health Record'.



Scan to learn more

Visit The Essential Network at www.blackdoginstitute.org.au/ten