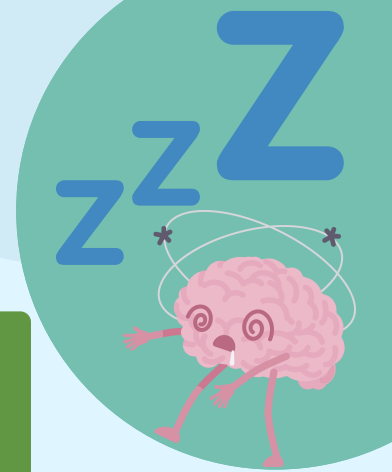


Tips for Managing and Mitigating Fatigue



Night shift is unpredictable in its intensity – some nights, you are cross-covering, admitting, and triaging patients all night long with no opportunities to sleep. To prepare for, endure, and recover from these nights, it is important to optimize sleep hygiene at home to recover appropriately.

Pre-Call

- Visit a primary health care provider regularly.
- Take a short nap between the end of daytime duties and initial on-call handover.

On-Call

- Nap in a dark, cool, and quiet call room.
- Eat appropriately.
- Have easy access to water.
- Use caffeine wisely.
- Take short breaks in natural light.

Post-Call

- Pre-arrange for transport home.
- Rehydrate and have a light meal once home.
- Minimize external distractions.
- Defer exercise until after sleep.

Overnight Checklist

Wear Sunglasses when walking out of hospital, wear blue wavelength blocking sunglasses when looking at phone and computer.



Go straight to sleep. You will get the most restorative sleep.



Don't eat big meal until you wake up.



Go to sleep in a cool, dark room.



Place "Do Not Disturb Sign" on your door.



To tired to drive home, GME will reimburse for ride share.

How to Sleep in the Hospital

- Prepare Overnight Bag: blanket, travel pillow, eye mask, medication, toothbrush, slipper etc.
- Bring portable night light, to avoid turning on room light when pages or texts come in.
- Give the nurse your name, title, and cell phone number for more active patients, to avoid waiting on the phone when answering a page.
- Ways to reduce pages when cross covering on a smaller number of patients:
 - 1.Pre-round on all patients early
 - 2.Have a printout of name, title, and phone number to give to nurse.
 - 3.Schedule times in the evening to answer texts in batches to optimize undisturbed periods of time.
- Be kind to yourself. It is hard to study for boards or write research papers while on nights. If completing these is onerous, prioritize rest and recovery.

Related Articles



Mastering Sleep Hygiene



Napping Tips for Night Workers



Treatments for Shift Work Disorder

If you continue to struggle with fatigue mitigation seek medical care (PCP, sleep specialist) Contact Dr. Joyce Lee-lannotti for additional guidance.
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