

STAY MISSION READY

WITH TACTICAL SHIFT WORK STRATEGIES



THE CHALLENGE OF SHIFT WORK



Shift work can disrupt your natural sleep-wake cycles.

- Poor sleep causes grogginess, slower reaction times, and lower alertness.
- Fragmented sleep increases the risk of illness and slows recovery. It's also linked to heart disease, obesity, and diabetes.

DAY-TO-NIGHT SHIFT TRANSITION



Ease your body into a new rhythm.

- Adjust bedtime two hours later each day before starting the night shift.
- Take a short nap before your shift for alertness.
- Get active before work to boost energy.

TACTICAL STRATEGIES FOR ANY SHIFT



Stay sharp. Stay focused.
Stay ready.

- Use caffeine early in your shift—not close to bedtime.
- Hydrate to avoid fatigue and stay mentally sharp.
- Take movement breaks—stretch, walk, or do quick exercises.
- When possible, take 10-30-minute naps to boost performance.

NIGHT-TO-DAY SHIFT RESET



Reclaim your day schedule, one step at a time.

- Set an alarm for four hours post-shift to avoid oversleeping.
- Stay awake until 9 p.m. to help reset your clock.
- Avoid high-risk tasks until fully adjusted.

Don't navigate shift work alone. Contact [Semper Fit's Performance Education team](#) at your installation for more information.