

Worksheet: shift workers





Exercise 1: current vs. Ideal shift

Write down in which different shifts you are working. Describe your different shifts, the number of days for each shift, working hours, the number of days off, Second, think about your ideal shift. Which shift do you prefer? What's your ideal starting time? Ending time? How many vacations do you want?

Example

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning shift 	6 a.m. – 2 p.m.	6 a.m. – 2 p.m.	6 a.m. – 2 p.m.	6 a.m. – 2 p.m.	Day off	Day off	
Evening shift 							2 p.m. – 10 p.m.
Night shift 							

Current shift

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning shift 							
Evening shift 							
Night shift 							
<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning shift 							
Evening shift 							
Night shift 							

Ideal shift

<u>Week 1</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning shift 							
Evening shift 							
Night shift 							
<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning shift 							
Evening shift 							
Night shift 							

Exercise 2: Evaluate your sleep hygiene and sleep environment

Evaluate your situation based on our tips. Look at your sleep hygiene and sleep environment. What do you do already? And what else could you add or do different?



Need a refresh?

Sleep hygiene means your sleeping rituals and sleeping habits before going to bed, for example, no longer drinking caffeine before going to bed. Make adjustments in your bedroom, inform your friends/family, ... to create a good sleep environment.




<i>My sleep hygiene now</i>	
<i>Adjustments I want to make to my sleep hygiene</i>	
<i>My sleep environment now</i>	
<i>Adjustments I want to make to my sleep environment</i>	

Exercise 3: How can I deal with my chronotype?




Indicate your chronotype below. We challenge you to change your morning and evening rituals. It will help you to become more energized. In the workshop, you can find two videos where we explain how to do this exercise.

 Early bird	 Hummingbird	 Night owl

Morning routine

<p>Wake up</p> 	
<p>Overcoming sleepiness</p> 	
<p>Start your day well</p> 	

Nighttime routine

<p>End your day well</p> 	
<p>Becoming sleepy</p> 	
<p>Getting in bed</p> 	

Exercise 4: Adjust to a new shift

Calculate how many hours you would like to extend your sleep rhythm. For each day, see how many hours you want to go to bed later or earlier depending on your shift.

Take into account that sleeping a few hours later or earlier, can have an impact on your private life. So we advise you to discuss this with your family.

	<i>Night shift</i>
Night 1	
Night 2	
Night 3	
Night shift	

	<i>Night shift</i>
Night 1	
Night 2	
Night 3	
Night shift	

	<i>Shift:</i>
Night 1	
Night 2	
Night 3	
Shift:	

Exercise 5: create a sleep ritual

Create your sleeping ritual based on your shifts. You will need different sleep rituals for your different shifts, so do this for each shift.

<i>Hour</i>	<i>Ritual</i>

Exercise 6: Brainstorm about job crafting

Brainstorm with your colleagues about ways to decrease shiftwork problems. You can get inspiration to get started with job crafting!

Ideas from colleagues:

.....

.....

.....

What do you want to try?

.....

.....

.....

Exercise 7: Make a small action plan

Write down three actions you want to try out before, during, and after your shift.

Action 1

<i>What's my goal/action?</i>	
<i>By when?</i>	
<i>Who can help me?</i>	
<i>What do I need to achieve my goal?</i>	

Action 2

<i>What's my goal/action?</i>	
<i>By when?</i>	
<i>Who can help me?</i>	
<i>What do I need to achieve my goal?</i>	

Action 3

<i>What's my goal/action?</i>	
<i>By when?</i>	
<i>Who can help me?</i>	
<i>What do I need to achieve my goal?</i>	