

Top 10 tips for Shift Workers

To Combat Sleepiness and Drowsy Driving

1. Make your bedroom dark—like nighttime—and sleep at the same time every day.
2. Block or mask outside sounds.
3. Lower your thermostat before going to bed.
4. Maintain or improve your overall health.
5. Avoid caffeine several hours before bedtime.
6. Avoid alcohol several hours before bedtime.
7. Know the side effects of your medications.
8. Close the bedroom door and hang a “Do Not Disturb” sign on it.
9. Unplug the telephone in your bedroom.
10. Develop a relaxing sleep ritual.

The Faith Regional Sleep Disorders Center provides a comprehensive approach to care.

- * **State-of-the-art technology and monitoring equipment**
- * **Home-like setting**
- * **Local physicians Board Certified in Sleep Medicine**
- * **Complete follow-up and care**

Commonly treated disorders include Sleep Apnea, Narcolepsy, Chronic Insomnia, Restless Leg Syndrome, Periodic Limb Movement Disorder and Sleepwalking.

Restful nights start with help from the Faith Regional Sleep Disorder Center.



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