



# ZOMBIE PREVENTION SKILLS



# How Many Nights Per Week is Healthy?

- Two nights per week is something we can recover from even if we don't have a chance to really "make up" the sleep in a way other than a normal length nap.
- 5 or more nights per week is a lifestyle and you would want to align your whole life to that schedule. Ideally, the non-work days have similar sleep schedules.
- 3-4 nights a week seems to be the hardest way to go. Try to cluster them. These tips will be essential.

# Sleep vs Nap



“Sleep” daily up to 9hrs if you have back-to-back nights working.

“Nap” up to 3.5hrs A full sleep in the day is a significant long term circadian rhythm disruptor so only do this if you work a lot of nights.

You can split your nap into two naps/ a whole sleep cycle each, especially if you have children at home.

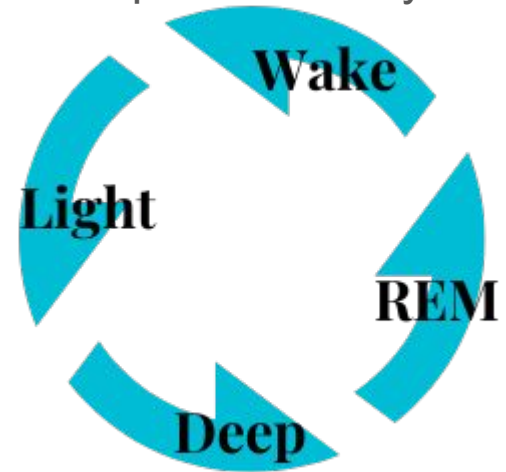
Do take a nap before your night shift to combat fatigue.

# Nap for How Long? When?

- 110 Minutes is the average full sleep cycle to shoot for. Adult completed sleep cycles range 90 min-120 min.
- Two of these is about 3.5hrs which is a great daytime NAP for optimal rest without fully throwing off the circadian rhythm or ruining night sleep.
- If you sleep for two cycles, make sure you begin by 10am.
- If you must nap later in the day, do only 110min but awake by 4pm (winter)

# Don't be Cranky! Hone Your Cycle Length

- Are you 80min? 90? 110? 120?
- Notice how cranky you are upon waking compared to how long you slept.
- If you wake up from your alarm and you were in a dream, it's more likely you were at or nearing your cycle end. This is good.
- Try slightly different amounts of nap. This is a science experiment for your health and mental clarity!



# Darkness Darkness, Be My Pillow

Only use blackout curtains during day sleep if you are going to have another overnight!

If you are headed into a normal day/night, have the room half-dark with a tiny bit of sunlight peeking in so your circadian rhythms aren't confused and you'll be able to produce melatonin before bed.



Get Chill

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# Do Eat and Drink..but

- Hunger/ low blood sugar or thirst may wake you.
- Eat before your daytime sleep/ after your shift but eat a smaller amount and give it at least 30 min to digest (your wind-down time)
- Hydrate more while working and less before sleep. Drink just enough before sleep to feel quenched (4oz or less) Don't forget to pee before sleep.
- Night shift workers are **more likely** to experience metabolic syndrome and have a **29 percent** increased risk of having unwanted weight gain and the disruption of the body clock.



# What to Eat and When

- **Try to stick to a similar eating pattern to the one that you would follow during a regular day:**
- **Eat frequent light meals or healthful snacks to avoid the drowsiness that is associated with heavy meals.**
- **Avoid foods that are difficult to digest, such as fried, spicy food, fatty meats.**
- **Stay low-sugar. Although they provide a short-term energy boost, we then have an energy crash.**



# Substances

- Avoid caffeine all together if you can. But...
- Keep caffeine limited to around one cup of coffee at the beginning of shift if you plan to stay up the entire shift and immediately after your daytime nap but always before 2pm on a night you'll have regular sleep.
- Or..one study shows a quarter cup of coffee hourly in your shift can keep you awake without preventing sleep later.
- Caffeine should end 6 hrs before your sleep.
- Avoid nicotine which is highly sleep-disruptive.
- Alcohol will help you fall asleep easily but cause drowsiness/grogginess if you aren't sleeping a full night and can cause disrupted sleep as liver enzymes work overtime.

**Low-dose repeated caffeine administration for circadian-phase-dependent performance degradation during extended wakefulness**

[James K Wyatt](#) <sup>1</sup>, [Christian Cajochen](#), [Angela Ritz-De Cecco](#), [Charles A Czeisler](#), [Derk-Jan Dijk](#)

# Supplements

**Synthetic melatonin's** long term effects or dependency has not been adequately proven, though “addiction” is unlikely. It is considered safe and effective for intermittent or short term usage.

No studies show **GABA** (gamma-aminobutyric acid.) works.

**Glycine amino acid** is considered safe and effective.

Tart Cherry Juice Cherry juice increased sleep time and sleep efficiency.  
Cherry juice procyanidin B-2 inhibited IDO, increased tryptophan availability, reduced inflammation and may be partially responsible for improvement in insomnia.

Study of Tart Cherry Juice for the Treatment of Insomnia and Investigation of Mechanisms

[Jack N. Losso](#), PhD,<sup>1</sup> [John W. Finley](#), PhD,<sup>1</sup> [Namrata Karki](#), PhD,<sup>1</sup> [Ann G. Liu](#), PhD,<sup>2</sup> [Weihong Pan](#), MD,<sup>2</sup> [Alfredo Prudente](#), PhD, [Russell Tipton](#), MD,<sup>2</sup> [Ying Yu](#), MS,<sup>2</sup> and [Frank L. Greenway](#), MD<sup>2</sup>

# More Supplements

Lavender

Camomile

Passion Flower

Cannabis?

\*Consult your MD or ND

# Your Future's So Bright ....

- **Wear Dark Sunglasses on the way home if you want to sleep right away.** **Research** has shown that night workers who were exposed to bright light during their shift and wore sunglasses on the way home to suppress light drifted off to sleep quicker and slept for longer after their shift than people who received no bright light exposure.
- But we are often in mostly darkness with babies so we must get some sun somehow in the daytime.
- You can use Amber glasses, amber screen covers and amber/red nightlights.



# For your at-home nights:

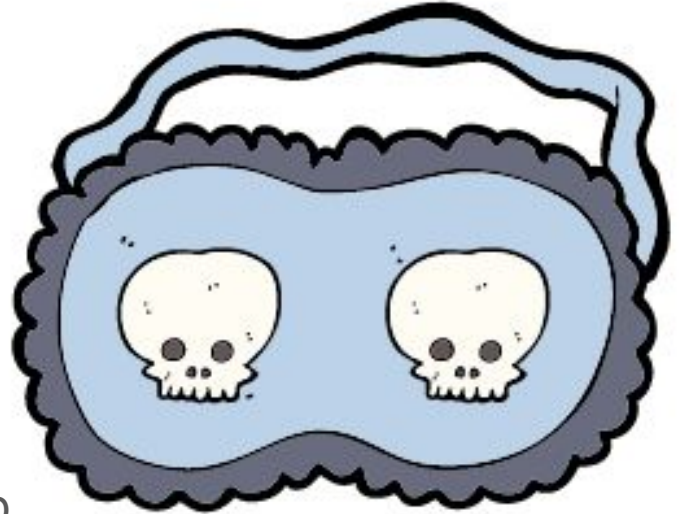
Full darkness

Eye pillow

No caffeine beforehand

No blue light an hour beforehand

Plenty of daytime brightness/ daytime sun lamp.



# Other sleepy ways to join me....

**Art and Science of Lactation and Sleep Webinar Dec 5**

**My Sleep Certification Course [www.SleepSavvyCertification.com](http://www.SleepSavvyCertification.com)**