

Preparing for night shift

Apr 18, 2017 | 0



[ontheopods](#), [respiratory](#), [tips for internship](#), [Working & training in healthcare](#)

Summary Writer: Jenny Liu

Editor: Paul Hamor

Interviewee: Paul Hamor

Stephanie Anderson talks to Dr Paul Hamor about how to prepare for night shift on the wards.

Paul is a Respiratory & Sleep Physician and Network Director of Physician Training at the Prince of Wales Hospital. He has had a long involvement in prevocational and undergraduate medical education. Paul has interests in the formulation of educational programs, presentation skills, delivering best evidence based-practice to the ward, as well as change methodology. He is also a strong advocate for work life balance and has been looking at the prevention and management of junior doctor burnout and programs to promote resilience.

This podcast was originally released on 17 June 2015.

Tips on preparing for night shift

*With Dr Paul Hamor, Respiratory & Sleep Physician and Network Director of Physician Training at the Prince of Wales Hospital, Sydney, Australia**

Case - You are a junior doctor starting your relief term in a busy tertiary hospital and you are rostered to work your first week of nights in three days' time.

- **Background copy**

circadian r

- Caffeine is **not** useful if you are drinking energy drinks the whole night and you're so pumped up you can't sleep after the night shift
- Too much caffeine can interfere with the quality of your sleep at the end of night shift. Generally try to avoid caffeine in the 6 to 8 hours before your new sleep time.
- **Meals** - try to align meals to your new sleep-wake phase especially if you are having difficulty adjusting the circadian rhythm. I.e: when you wake up have a breakfast type meal, and at the end of your shift have a dinner type meal. However eating is a social experience so it is also common for some people to have a dinner type meal with friends before work. Do what works for you.
- Snacking - alot of wards will have sugary sweets on night shifts. This only gives a short sugar rush, followed by an energy dip that can cause fatigue. Try to avoid sugary snacks. Have low-carbohydrate/complex carbohydrate foods instead (fruits/vegetables).

- Exercise is usually an awak~~s~~at



Tags: #junior doctors,#night shift,#respiratory medicine,#sleep,#sleep debt,#sleep stressors

If you enjoyed listening to this week's podcast feel free to let us know what you think by posting your comments or suggestions in the comments box below.

If you want to listen to this episode while not connected to WiFi or the internet, you can download it. To find out more go to Apple support (<https://support.apple.com/en-us/HT201859>)