

Humble Sleep For shift workers



Hello, my name is Dr Bhatia. I am a NHS GP and the founder of Humble. Humble is an organisation that helps bring out our best.

Are you a shift worker?

A shift worker is someone who has irregular work patterns and is awake when they would normally be asleep (e.g. night staff, travellers and carers). Shifts affect our performance and health. So the physical and mental health effects of working out of sync with our body clocks can be serious.*British medical journal 2016:355.



Timing matters

Every cell in our body has its own 24 hour clock that needs to be synchronised with a clock in our brain. These clocks are regulated by factors such as Light exercise, food temperature and stress (LEFTS) and can only be shifted by 2 hours a day. That's why we get jet lagged when we fly across time zones. So if we travel to a country 8 hours ahead it takes about 4 days to get our brains and bodies back in sync with the sun.

Getting your LEFTS right

The good news is that by timing your exposure to light, exercise, food temperature and stress you can shift and maintain your body clock in the right time zone. It helps to:

1. **Accept**- it takes time to shift and that you will not be performing at your best.
2. **Anticipate**- prioritise and plan to get your LEFTS right and ease your transitions.
3. **Act**- set your new wake up time and bedtimes to stabilise your body clock.
4. **Adapt**- refine your plan to suit each situation with flexibility and confidence.

Perhaps we can help?

We are a team of holistic health professionals offering personalised support with:

Humble sleep

To teach the basics

CBT for insomnia

If you struggle to sleep

Support for shift workers

If you work nights

Start today

Visit www.humblesleep.com for free PDF /video with humble sleep tips.

For further information and to book a session visit www.humble.info