Fatigue built up over several days creates a sleep debt that can’t be fixed by just sleeping longer one time.

- Get two full nights (7 hours each) before working the night shift.
- Take short naps (10–15 minutes).
- Establish a 4-hour anchor sleep time when you have to change between day and night shifts often.
- Exercise/stretch.
- Avoid high sugar foods and drinks.
- Watch your team’s backs.