Nurses who work night shifts may experience significant effects due to drinking or eating to stay awake, lack of strategies for preparation, and the use of medication such as melatonin. Not sleeping immediately after the night shift and walking the dog before sleeping time are also noted as issues.

There are suggestions or strategies for night shift workers, including using a shutter or blackout curtain, doing some exercise before the night shift, going to bed late the day before the night shift, eating before the shift ends to prevent feeling hungry and stay awake/focused during the shift, and avoiding exercise. Taking rest time on the couch before the night shift and moving the exercise time to the day before the night shift are also mentioned.

Working night shifts disrupt the circadian rhythm of nurses, resulting in various disruptions, including putting a note on the door to not disturb, keeping clear structure, being organized, and sleeping on time the day before. No definitive suggestions or strategies for nurses working irregular night shifts are mentioned.

The introduction section discusses the importance of understanding the sleep strategies and lifestyle behaviors that affect perceived sleep quality of good and poor sleepers of nurses working irregular night shifts and to determine whether the differences between the two groups could provide insights into possible good strategies.

The themes identified were:
1. Strategies/lifestyle behaviors to prepare for the night-shift set.
2. Strategies/lifestyle behaviors during a set of night shifts.
   - Stay awake/focused during shift.
   - Help to sleep during the night-shift set.
3. Strategies/lifestyle behaviors to return to normal rhythm.

**Methods**

The methods section details the overall research design, study participants, study methods, and the use of open questions regarding strategies/lifestyle behaviors around the night-shift set and for switching to a normal sleep rhythm.

The results section presents similarities and differences in strategies/lifestyle behaviors to stay focused and help to sleep during a set of night shifts and for switching to a normal sleep rhythm. The number of participants mentioning the strategy of the two groups is detailed.

**Conclusion**

The main difference between good and poor sleepers appears to be that good sleepers have a clear plan for the night shift period that works for them, using more strategies than poor sleepers and using them consistently. To promote good quality sleep among nurses working irregular night shifts, individualized plans should be encouraged, taking into account their individual characteristics. These plans may include establishing a clear structure, organizing routines, maintaining a consistent daily schedule, and optimizing the sleep environment. In the future, interventions and research should aim to identify and encourage nurses to experiment with various strategies and behaviors to determine the most effective approaches for their individual needs.

**References**


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