

# Night shift:

## Tips to help with diet and energy

Working at night can affect your diet and energy levels. Sometimes working at a late hour can cause bad eating habits.

You may think you don't have the extra time to prepare healthy meals for yourself or you may feel too tired to prepare a meal when you come home from work. You can try meal prepping on your days off and prepare healthy meals you'd enjoy throughout the week. This will cut down on your time in the kitchen during the week.

It's important to eat a healthy diet since what you eat impacts your energy levels. Instead of drinking and eating things that are filled with sugar and caffeine, eat a balanced breakfast and healthy lunch. Sugar and caffeine might give you a short-term energy boost, but they can also lead to energy crashes. Fatigue and low energy can lead to all kinds of problems including accidents, mistakes, forgetfulness, and problems at work. This can be dangerous. Depending on the type of job you have, you could possibly suffer an on-the-job injury. For the sake of your safety and your job, it's a good idea to maintain your energy.

You want to be focused while driving to and from work and you want to be focused while working. Eating a proper diet helps you focus clearly, not eating and feeling hungry can be a distraction. Think about the times when you were hungry. Think about how irritated you were and how much you focused on the feeling of hunger. It's difficult to think about anything else when you're hungry or exhausted.

So, eat balanced meals and you'll have the energy you need throughout your work shift.

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