

# Night shift: Tips to improve sleep

Your body is wired to wake up with the sun and go to sleep when it's dark. So working late at night can make it difficult to fall asleep during the daytime, even when you're really tired. But with these simple tips, you can get a good day's rest.

First, make sure your room is quiet and dark. You can try hanging up heavy drapes to block the sun or wearing a sleep mask. To silence noise, wear earbuds.

You can also improve your sleep by taking a warm bath. Warm baths help relax your body in preparation for bedtime.

Some people find it more comfortable to sleep in a cool room. Set your thermostat on a low temperature that's relaxing to you.

Also, try to go to bed around the same time each day. Having a regular sleep schedule will help your body get into a routine and can help improve your overall sleep experience.

Remember, sleep is important for your physical and mental health. Lack of sleep can cause you to become stressed, angry, and sad. And since sleep impacts your behavior and mood, it's very important to get between seven to nine hours of sleep each day.

So, be sure to protect your overall wellbeing by getting a good amount of sleep.

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