**SCENARIO BASED PLAYBOOK**

**Upcoming 24-Hour Call:**

- Brief nap (10-20min) during shift at circadian “windows of opportunity” (1400-1600 or 0200-0400)

- Depending on tolerance, consider pre-nap caffeine during shift if concern for sleep inertia (grogginess)

- Intentional caffeine (up to 200-300mg depending on tolerance) at beginning shift, can repeat 1 time 4 hours later

- Discontinue caffeine (1/2 life 5-6 hrs) intake 4-6 hours before initiating sleep

**Upcoming Night Shift:**

- Prophylactic Nap 30mins – 2 hours prior to shift

- Sleep Banking = extending overnight sleep by 1-3 hours the week prior to starting nights/busy block

- First night may be the worst for decreased alertness

- Increased risk of mistakes 0200-0400, low threshold for backup

**Post-Call + Work the next AM:**

- Eat a light meal, avoid excessive liquids

- Attempt sleep immediately after night shift

- Optimize environment (light-blocking shades, ear plugs, eye mask)

- Consider two 90-minute naps during the day (upon getting home and again around 1400-1500)

* 1. - Consolidated daytime sleep may result in the following negative consequences: o Increased arousals due to circadian rhythm
  2. o Sleep inertia if waking up around 1400-1500
  3. o Decreased sleep pressure to sleep overnight

**Night Shift >2 weeks:**

Daytime Sleep

* 1. - Attempt sleep immediately after night shift:
     + 1. o An initial “anchor” sleep (4-5 hours), followed by an additional sleep period (2-3 hours) later in the day
  2. o Keep “anchor” sleep everyday - even off days
  3. o Additional sleep period may be irregular
  4. - Minimize light exposure on the way home (sunglasses)
  5. - Optimize environment (cool temp, light-blocking shades, ear plugs, eye mask, etc)

**Shifting Your Sleep Schedule**

- Bright light therapy (10,000 Lux) ~15mins q1h during first half of night shift

- Consider melatonin 3-5mg 30-60mins prior to desired bedtime in morning if difficulty falling asleep

- 10,000 Lux light box on Amazon in $30-50 price range

- Maintain late sleep schedule on days off (3-4am bedtime)