



Irregular or Unsocial Work Hours - Sleep Audit.

Work Design

Sleep Audit.

Good sleep is defined as normal sleep between 10.00pm and 6.00am in the morning. Any disturbance to this schedule is defined as shift work.

Consider the following.

- Early starts to get to the airport.
- Early starts to travel somewhere.
- Working late into the night.
- Looking after babies, family members who are sick.
- Participating on international calls (Zoom or Teams).
- Shift work itself.

To recover sleep debt a person will need:

TWO CONSEQUITIVE NIGHTS OF GOOD SLEEP.

Having a weekend and then starting a new shift pattern on Sunday does not give 2 nights of good sleep. Sleep debt is insidious, it just creeps up until the body has had enough. At that point you will fall asleep no matter where you are or what you are doing.

Sleep Tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
A																								
B																								
C																								
D																								

1. Shade cells that represent 10.00pm to 6.00am
2. In line A:
 - Mark your normal waking time.
 - Mark your time you start to travel to work.
 - Mark arriving at work.
 - Mark your normal leaving work.
 - Mark the time you go to bed.
3. In line B repeat using an early start.
4. In line C repeat for a night shift worker.
5. In line D repeat for an afternoon shift worker.

Lack of sleep causes fatigue. This is becoming a focus for Worksafe NZ as there have been many instances where fatigue has been cited as one of the causative factors.

Signs of Fatigue:

1. Feeling tired for no good reason.
2. Feelings of anxiety / nervousness.
3. Not being able to cope with small tasks, things getting on top of you.
4. Not being able to relax.
5. Nothing left in the tank.

Shift work & long hours can lead to a lack of sleep, meaning a greater risk of health issues. The only way to recover from tiredness is to get enough sleep – remember, what you take out of the sleep bank, you must put back in. Good sleep is defined as normal sleep between **10.00pm and 6.00am in the morning**.