Shift Work Sleep Disorder (SWSD) is a sleep disorder that affects people who frequently work at night or rotate shifts. The human body wants to maintain regular sleep and wake patterns seven days a week. Shift work schedules work against the body’s natural circadian rhythm.

This disorder is common in people who work non-traditional hours, usually between 10:00 p.m. and 6:00 a.m.

**What are the symptoms of SWSD?**
The most common symptoms of SWSD are:
- Insomnia
- Excessive sleepiness
- Frequent awakenings
Other symptoms of SWSD include:
- Difficulty concentrating
- Frequent headaches
- Lack of energy

**Shift Work Sleep Disorder can lead to:**
- Increased irritability and moodiness
- Difficulty relating to co-workers and family
- Increased accidents
- Increased work-related errors
- Increased sick leave

**Sleep Techniques for Shift Workers:**
- Be willing to make sleep a priority.
- Follow bedtime rituals and try to keep a regular sleep schedule, even on weekends. Go to sleep as soon as possible after work.
- Decrease the number of night shifts worked in a row. Shift workers on the night shift sleep less than day workers and become progressively more sleep-deprived over several days.
- Get enough sleep on your days off.
- Practice good sleep hygiene by planning and arranging a sleep schedule and by avoiding caffeine, alcohol, and nicotine.
- Do not start a night shift with sleep deprivation.

For more resources on Healthy Sleep, visit our webpage:
[The Hub> Baystate Healthy> Fitness Nutrition Sleep](#)