Elizabeth, Melissa, and Kati discuss some tips for nurses new to night shift. All three have worked night shift, and Elizabeth was working nights when this episode was recorded.

**Pros to night shift**

- Make more money
- Can get away with drinks at the nurse’s station – WATER ;-) 
- Generally busiest part of the shift is the beginning
- Time to read notes and look up things, figure out the plan of care
- Not waking up at 0500
- More time to process information as a new nurse

**Food / staying awake at work during night shift**

- Kati’s “meal times” for night shift
  - 2230 or 2300 – snack
  - 0100 – lunch + coffee
  - 0500 – second snack
- May want smaller more frequent meals throughout the shift if one large meal will make you sleepier
- Take a 15-minute break to eat lunch, and then nap for your 30-minute break
- Exercise every hour for a few minutes (5 minute wall sits, 20 jumping jacks, lunges)

### Sleep planning on night shift

- Must be intentional; you can't just sleep when you're tired
- The healthiest way to go about nights is to go to bed late (2-3 am) and get up around 10-11am, so they are still getting the necessarily total, but are awake during a good portion of each of the day and night
- Flipping means going back to resting during the night, awake during the day
- **Three ways to go about this**
  - 1. Awake every night, asleep every day
  - 2. Flip for when there are 2+ nights off in a row
  - 3. Flip every night
- Pay your dues on nights, then apply for days

### More night shift resources

- [When do night shift nurses sleep?](https://www.nrnsg.com) NRNSG blog
- [5 Survival Tips for the Night Shift Nurse](https://www.theNERDYnurse.com) - The Nerdy Nurse blog
- *Becoming Nursey: From Code Blues to Code Browns, How to Care for Your Patients and Yourself*, pages 87-90