

5 Circadian Tips for shift workers

Think of circadian rhythms as your body's internal clock, responsible for controlling things like when you feel sleepy, when you're most alert, and even when you're hungry. They're synchronized by your light exposure, exercise, and meal timings, and they're often thrown off in shift workers. We've summarized some general tips for shift workers that can help them manage the stress of their jobs.

1) Stick To Meal Windows 🥗

Eating only during some windows of the day can play a crucial role in promoting the health of your body's internal clock. Aim to eat during specific time frames, ideally during your designated most active hours. This can promote better digestion and energy levels while reducing the risk of post-meal discomfort. Limit your daily food consumption to a set time frame, usually spanning about 8 to 10 hours, and then fast for the rest of the day.

2. Know When To Stop Caffeine ☕

Caffeine can be a valuable tool for staying alert during night shifts, but it's essential to know when to cut back to ensure it doesn't interfere with your sleep. As a rule of thumb, avoid caffeine intake eight hours before your planned bedtime. This gives your body enough time to metabolize caffeine and allows you to transition into restful sleep.

3. Be Aware Of Your Light Exposure 💡

Light exposure plays a tremendous role in regulating your circadian rhythm. During your active hours, seek out bright natural light or use light boxes to simulate daylight. This can help signal to your body that it's time to be awake and alert. Conversely, during your resting hours, limit exposure to artificial and blue light sources, as they can confuse your body's internal clock and disrupt your sleep patterns. Consider using blue-blocking glasses or installing blackout curtains.

4. Fit Exercise Into Your Day 🚶

Regular physical activity can be a powerful ally in regulating your circadian rhythm and improving your overall health. Incorporate exercise into your daily routine, but be mindful of when you work out. Workouts at some times might help you better align your body with your work schedule while working out at other times might move you away from the schedule that's best for your work.

5. Sleep As Consistently As Possible 😴

Strive to maintain a consistent sleep schedule as much as you can, even on your days off. This consistency helps anchor your body's internal clock and can make it easier to adjust to shift work. Create a sleep-conducive environment by keeping your bedroom dark, quiet, and cool.

But generic advice can only go so far: If you want more guidance on the right times for you to get light, eat, and work out, download our app, **Arcashift**. [In just a few easy steps, you will receive a custom circadian schedule outlining the best times for your daily activities.](#)