

Maintaining Wellbeing While Working Rotating Shifts

Rotating shifts can impact sleep, diet, relationships, and overall well-being. Taking proactive steps can help you stay balanced and healthy. Here are some key strategies to support your well-being.



Regular Health Checks: Rotating shifts can disrupt your body's ability to heal and recover from daily stress. Having a trusted GP who understands your medical history allows for early detection and prevention of potential health concerns. Regular check-ups help ensure you're functioning at your best.

Establish a Sleep Routine: Shift work often means sleeping at times that go against your body's natural circadian rhythm. Create a consistent wind-down routine to improve sleep quality. This might include avoiding screens an hour before bed, light stretching, or mindfulness exercises. Using familiar sleep aids such as an eye mask, calming music, or a specific pillowcase can signal to your body that it's time to rest.

Healthy Eating Habits: Unpredictable work hours can lead to poor eating habits, which may impact your energy levels and overall health. Plan ahead by preparing nutritious meals on your days off and keeping healthy snacks on hand. Aim to eat at regular intervals—before your shift, mid-shift, and after work—to sustain energy and focus.

Incorporate Regular Movement: Maintaining an active lifestyle is essential for long-term health, but rotating shifts can make it difficult to stick to traditional exercise routines. Find flexible ways to move, such as taking a walk before work, following an online fitness program tailored to your schedule, or engaging in short but effective workouts.

Stay Connected: Shift work can sometimes lead to isolation, making it important to prioritise social interactions. Whether it's a quick check-in with a friend, a virtual chat with family, or scheduling dedicated time for loved ones, maintaining strong connections supports emotional well-being.

Strengthen Family Bonds: Rotating shifts don't just affect you—they impact your family too. Regularly check in with your loved ones to discuss how your schedule affects them and explore solutions together. Planning family activities, setting shared goals, and ensuring quality time can help strengthen relationships despite irregular work hours.

References:

- [OHSRep: Shiftwork & Health Effects](#)
- Ferri et al. (2016). The impact of shift work on the psychological and physical health of nurses in a general hospital. [Read more](#)
- Gardner et al. (2018). Mental health and well-being concerns of fly-in fly-out workers and their partners in Australia: a qualitative study. [Read more](#)

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