

Ask **THRIVE**: 12-Hour Shifts

The Perks of 12-Hour Shifts

More time off



Not only do you have more time for fun, you have more time for appointments and errands as well. Don't forget to fit in some self-care as well!

Less time commuting



This saves you time and money. You are spending less money on gas and it gives you more time to complete tasks at home.

Fewer hand-offs



Having a reduced number of hand-offs can decrease the frequency of errors. It also helps create a "flow" which makes completing tasks more efficient and streamlined.

Tips for Adjusting to 12-Hour Shifts

Take your breaks



Make sure to take a nutritious lunch break and smaller breaks as needed. Also, make sure to pack healthy snacks and stay hydrated!

Limit non-work plans on workdays



Make sure your appointments and errands are scheduled for a non-work day. If you are working overnights, make sure you sleep before any plans the next day.

Set a sleep routine



If you are working overnights, have a **daytime sleep routine**. Make sure you have blackout curtains, a white noise machine, and that your cell phone is on silent.