

Shift Work

Use the following techniques to adjust your circadian rhythm to your work shift.

Beginning a Night-shift Schedule

Many people benefit from receiving a 30-minute burst of light before work and then 15 minutes of light every three hours during work. This not only increases alertness and performance, but shifts the body clock as well. Within three days, your body clock will have changed to a night-shift schedule. Taking time-release melatonin upon arriving home after work may help accelerate the shifting of your body clock. After the second day, melatonin should not be necessary, and your body clock will have adapted to the new schedule.

Note: When coming off of night-shift work, it is important to wear sunglasses and avoid any bright light while going home. You should go to sleep as soon as possible after leaving work.

Returning to a Day-shift Schedule

On the day your night shift ends, continue to wear sunglasses and avoid bright light in the morning hours. Do not take melatonin in the morning. Use your goLITE BLU for 30 minutes at about midday. On the first day, you may take an afternoon nap if you are having trouble staying awake. Go to bed at your normal evening bedtime.

You may wish to use time-release melatonin in the early evening (about 7:00 p.m.) to accelerate your body clock to a normal schedule. You may want to wait a few hours after waking in the afternoon or evening before taking melatonin as it may cause drowsiness. This routine should only need to be repeated once or twice before you achieve a normal sleep/wake schedule.

After the first day, you should use the goLITE BLU each morning as needed for approximately 15–30 minutes.