

Find Your Strength

Supporting Your Energy, Mood & Wellbeing After a Nightshift

Why You Feel This Way

Nightshift disrupts your natural body clock. Your brain is still wired for daytime sleep and nighttime alertness, so dips in energy, changes in appetite, and mood shifts are normal. This guide helps you stabilise your system and recover well.

Light meal → Sleep → Hydrate → Move → Balanced meal → Sunlight → Connect

Eating for Steady Energy

Aim for light, steady fuel rather than heavy meals.

- Right after shift: Light meal with protein, slow carbs & hydration
Examples: yoghurt & fruit, eggs & wholegrain toast, oats & nuts, soup.
- Before sleeping: Keep it small if you're hungry. Avoid heavy, spicy, or high-fat meals that disrupt sleep.
- When you wake up: Treat this as your "breakfast", a balanced meal to reset blood sugar and mood.
- On days off: Gradually return to daytime eating patterns to support your circadian rhythm.

Hydration & Mood Support

- Drink water before leaving work and again when you wake.
- Limit alcohol on post-shift days, it disrupts sleep quality.
- Low mood or irritability is a physiological response to circadian disruption, not a personal failing.

Protecting Your Sleep

- Dark, cool room; silence or white noise
- Wind-down ritual: shower, stretching, reading
- Stop caffeine 4–6 hours before the end of your shift
- If you nap before your next shift, keep it 60–90 minutes

Movement That Restores You

Exercise after a nightshift should support recovery, not drain you.

- Right after shift: Gentle movement only, 10–20 min walk, mobility, stretching.
- After waking: Best window for strength or cardio. Aim for 20–40 minutes of moderate activity to boost mood and regulate appetite.
- Days off: Return to your normal routine. Prioritise strength for long-term resilience.

Protecting Your Wellbeing

- Plan something small and enjoyable after waking: sunlight, a walk, a favourite meal, connection with someone.
- Use days off to anchor back into your normal routine.

