NP FADY
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Shift Rotation Sleep Plan

Map two weeks of shifts against the sleep you can actually get, and the supports someone has reviewed with you. A completed plan does not make unsafe driving or unsafe work safe.

The drive home comes first. If you cannot stay alert while driving, pull over at the first safe place and stop. Do not start again while you cannot stay awake. Arrange another ride, transit, or somewhere safe to rest, and contact a clinician that day. Call 911 for a crash, immediate danger, or any moment you cannot keep yourself safe.

Day	Shift	Commute	Sleep I can actually get	Reviewed anchor sleep	Light and dark	Nap or caffeine	Ride or rest backup

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Sleeping Against the Clock: Night Shift and Rotating Shift Work*. Clinical review: Fady Boules, PMHNP-BC.

These are filled in with a clinician or an occupational health contact. Light, darkness, caffeine, and naps all change alertness for a while; none of them certifies that you are safe to drive or to do safety-critical work.

Reviewed with

Name and role _____ Date _____

The plan

1. Light: when, and how bright
2. Protected darkness, beginning after safe travel
3. Caffeine: what, and by when
4. Naps: when, how long, and what happens on waking
5. The backup for getting home when I am not safe to drive
6. What the household has agreed about quiet and light

On a hard day, three things. The shift, the sleep you could actually get, and your backup ride or rest plan.

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