EMPLOYEE WELLNESS

STEARNS COUNTY SHERIFF'S OFFICE

BETTER SLEEP

Different shifts. Same goal.

WHY IT MATTERS

Quality sleep keeps you alert, sharpens decisions and reaction time, steadies your mood, strengthens your immune system, and keeps you safer on and off duty.

OVERNIGHT SHIFTS

You sleep while the world is awake.

01 Sleep 7–9 hours in a dark, quiet room — and keep the same window on days off when you can.

02 Wear sunglasses on the drive home to block morning light.

03 Stop caffeine 6–8 hours before you plan to sleep.

04 Wind down with light stretching or easy exercise.

SWING SHIFTS

Late nights that blur into late mornings.

01 Keep sleep and wake times consistent, even on days off.

02 Limit caffeine and energy drinks to the first half of your shift.

03 Eat a lighter meal before bed.

04 Put screens away 30–60 minutes before bed, and use a short routine to signal it's time to rest.

LIGHT SETS YOUR BODY CLOCK

Same steps, any shift.

DURING YOUR SHIFT

Get bright light and solid nutrition to stay alert.

END OF SHIFT

Dim the lights, cut the caffeine, start winding down.

SLEEP

Keep the room as dark as possible for 7–9 hours.

WHEN YOU WAKE

Get natural sunlight, water and some movement.

SET UP YOUR ROOM

- Cool, dark and quiet — 60–67°F is ideal
- Blackout curtains or an eye mask
- A white noise machine or fan
- Phone silenced, notifications off
- Family knows your schedule — post a do-not-disturb sign if needed
- Bed is for sleep only — no TV or work

WATCH OUT FOR

- Energy drinks and too much caffeine
- Alcohol before bed — it helps you fall asleep but lowers sleep quality
- Heavy or spicy meals late in your shift
- Naps too close to your main sleep
- Irregular sleep times and loud interruptions

4-7-8 BREATHING

Calms your mind and body before sleep. Repeat four times.

4 seconds in through your nose

7 seconds holding your breath

8 seconds slowly out through your mouth

THIS MONTH'S CHALLENGE

Small changes make a big difference.

- [ ] Set a consistent sleep schedule
- [ ] Make your room sleep-friendly
- [ ] No caffeine 6–8 hours before sleep
- [ ] Try 4-7-8 breathing
- [ ] Track your sleep for one week

FOR MORE SLEEP INFORMATION OR TIPS, CONTACT

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