



## SHIFT WORK – CLINICIAN GUIDELINES

<p><b>HerbatoninPRO™</b></p>	<p><b>For free days when nocturnal sleep is desired:</b></p> <ul style="list-style-type: none"> <li>Take HerbatoninPRO™ 0.3 mg six hours before the desired bedtime to reset the circadian rhythm (chronobiotic action of melatonin).</li> </ul> <p><b>When daytime sleep is desired:</b></p> <ul style="list-style-type: none"> <li>Take HerbatoninPRO™ 3 mg 30-60 minutes before bedtime to encourage sleep (hypnotic action of melatonin).</li> </ul>
<p><b>Nutrition</b></p>	<p>Meal timing is one of the main cues which set our circadian rhythm. In addition, digestive upset is one of the most common complaints of shift workers. Recommendations:</p> <ul style="list-style-type: none"> <li>Schedule meals for 3-4 times that will work on most days. For example, noon, 4 pm, 9 pm, 2 am.</li> <li>Use caffeine strategically, consuming 300 mg two hours before the time that alertness is at its minimum, which is often 4 am.</li> <li>Eat light meals during normal sleep hours from 10 pm to 6 am</li> <li>Make a meal plan and prepare ahead, as sleep deprivation during shift work decreases motivation and problem-solving ability.</li> <li>Ensure adequate intake of whole foods that are nutrient dense, including a variety of vegetables, and any dietary supplements to optimize nutritional status.</li> </ul>
<p><b>Lifestyle</b></p>	<ul style="list-style-type: none"> <li>Establish a core 3-4 hours that the client is always sleeping on both work days and days off. For example, if the client sleeps 8 am to 4 pm on shift work days, and 4 am to 12 pm on days off, they would keep consistent sleeping hours from 8 am to 12 pm. Keeping at least some consistent sleep hours will help shift the circadian system to support daytime sleep and nocturnal alertness.</li> <li>Consider a nap for 1-2 hours before work.</li> <li>Dim lights ideally to &lt;10 lux, and/or wear blue-blocking glasses for two hours before bed. This is especially important during the morning commute home after work (if it is safe to do so).</li> <li>Get bright outside light for &gt;30 minutes at the end of the main sleep period.</li> <li>Get bursts of bright light for 10+ minutes every couple of hours during wakefulness. Consider the use of a therapeutic light on this schedule at night.</li> <li>Establish with household members times that the client can sleep undisturbed and times that they will be available to engage with household members.</li> <li>Increase monitoring for maladaptive coping such as alcohol, smoking, drug use, etc.</li> <li>Use room-darkening blinds, curtains, and/or an eye mask to help increase exposure to darkness for optimum endogenous melatonin production.</li> </ul>
<p><b>Additional Supplements</b></p> <p>*Supplements should always be personalized to the client's needs</p>	<ul style="list-style-type: none"> <li>L-Theanine: 200 mg at bedtime to improve sleep or 400 mg when there is a history of ADHD or restlessness.</li> <li>Glycine: 3 g at bedtime to promote deep sleep.</li> <li>Magnesium: 100-300 mg at bedtime as magnesium glycinate or magnesium threonate; Assess RBC magnesium levels to identify if there is a magnesium insufficiency or deficiency to further personalize supplementation.</li> </ul>

### References:

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- Schweitzer PK, Randazzo AC, Stone K, Erman M, Walsh JK. Laboratory and field studies of naps and caffeine as practical countermeasures for sleep-wake problems associated with night work. Sleep. 2006;29(1).
- Burgess HJ, Revell VL, Molina TA, Eastman CI. Human phase response curves to three days of daily melatonin: 0.5 mg Versus 3.0 mg. Journal of Clinical Endocrinology and Metabolism. 2010;95(7).
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