

USING THE GOLITE FOR SHIFTWORK

Going on Night Shift:



1. Wear moderate sunglasses on drive home to block morning light. Sunglasses allow melatonin to be released.
2. Go to bed immediately. Delaying onset of sleep keeps body temperature minimum (BTM) from falling in rest cycle, blocking synchrony of homeostatic process and circadian process. Waiting to go to bed keeps Circadian Rhythm (CR) from shifting.
3. Must use bright light (Golite) in evening and night. Use light for 15-30 minutes. Could start at 9:00 p.m. and use every 3 hours.
4. Avoid Golite in the last few hours of work (from 3:00 a.m. on), as this may be too close to the BTM.
5. Napping: Daytime napping doesn't adversely affect CR, but napping right before start of shift has greatest beneficial impact on homeostatic process (takes longer to become tired).
6. Don't take early morning melatonin (for delaying the body clock). It won't help you sleep better, and could cause problems. Morning melatonin doesn't shift as well, since it is usually taken after the worker goes home. In order to be effective, melatonin must be taken very close to cross-over point. Since cross-over occurs around 3-4 a.m., melatonin could increase fatigue, accidents, etc. (melatonin can make one drowsy, counter to staying alert during work).



Coming off Night Shift:

- Day 1:** Wear sunglasses when coming off work to avoid morning light for first couple of hours. Do not take melatonin. Get Golite late-morning or noon light (12:00 p.m. and later). Can get sunlight but Golite (Bluewave) is twice as effective at shifting body clock, use Golite for 30 minutes. It is OK to nap after getting light.
- Take evening melatonin, time-release (approximately 7 or 8 p.m.). Larger than .5 mg can cause drowsiness and no improved benefits. Time release is best, but combinations can sometimes work better. Will explain later. Take melatonin 2 hours before bedtime.
- Day 2:** Use Golite at 10:00 a.m. for 30 minutes. Use melatonin at 8 or 9 p.m. You don't need to wake up this early if you don't want to.
- Day 3:** You should be shifted back to a normal schedule. Shouldn't need to take melatonin anymore. Continue to receive Golite at 9 - 10:00 a.m. for 15 minutes if needed. Best to be always delayed 3-4 hours (e.g., live in Vancouver, work in Halifax).

