

# Night Shift Sleep Schedule & Daily Tracker Template

## Daily Sleep & Activity Plan

Time	Activity	Notes
11:00 PM	Begin Work	Use bright light therapy to simulate daytime.
3:00 AM	Last Cup of Coffee	Avoid caffeine after this point.
3:30–4:00 AM	Main Meal	Keep it light and easy to digest.
7:00 AM	End Shift & Commute	Wear sunglasses to block blue light.
8:00 AM	Go to Bed	Use blackout curtains and white noise.
8:00 AM–3:00 PM	Sleep	Keep room dark, cool, and quiet.
3:30 PM	Wake Up & Breakfast	Get at least 15 minutes of sunlight.
4:00–8:00 PM	Daily Activities	Exercise, chores, and family time.
9:00 PM	Second Meal	Eat consistently, even on off days.
10:00–10:45 PM	Wind-Down Routine	Light stretching or journaling.

## Weekly Overview Sleep Planner

Day	Shift Type	Sleep Time	Key Notes
Monday	Night (11 PM–7 AM)	8 AM–3 PM	Use light therapy at start of shift
Tuesday	Night	8 AM–3 PM	Repeat routine
Wednesday	Night	8 AM–3 PM	Schedule short nap if needed
Thursday	Off	3 AM–Noon	Gradual shift to daytime schedule
Friday	Off	3 AM–Noon	Limit early morning sunlight
Saturday	Evening Shift	4 AM–11 AM	Gradual adjustment
Sunday	Night	8 AM–3 PM	Resume night-shift pattern