



Winding Down Fast

RISK FACTORS:

During a long shift, your nervous system stays on high alert to keep you focused on your work. This keeps you safe on the job, but makes it harder for you to fall asleep when the job's done.

Reset Your System With Controlled Breathing

- **Use Breathing to Shift Gears:** Controlled breathing helps transition your body out of high-alert mode.
- **Try the Box Breathing Technique:** Inhale for 4 seconds → Hold for 4 seconds → Exhale for 4 seconds → Hold again for 4 seconds → Repeat
- **Time It Right:** Do 4–5 rounds of breathing after your shift, and again 10–15 minutes before bed.

