

HEY YOU! BOOST YOUR ENERGY!

▷ Together more vital on the way

Mart&Martie

HOW DO YOU GET SO
MUCH ENERGY MARTIE?

I SLEPT WELL MART!



▷ PREFACE

Many colleagues at Martens work in the evening and/or at night. This has an impact on everyone's energy levels and health. Taking good care of yourself is important. We want to inspire and assist you, so that you also have the energy to do what is important to you in your free time!

We are all different, and what works for you may be different for your colleagues. Discuss it with each other, and perhaps you can exchange tips to make it a bit easier. During the practical workshop designed specifically for irregular shifts, we will help you find a rhythm that works for you and is suitable.

We hope that this booklet, the workshops, and the discussions make you more aware of the possibilities you have. And that it provides you with ideas that you can truly benefit from!

▶ WHY IS SLEEP IMPORTANT?

Sleep is very important because it helps your body and mind rest and get stronger. When you sleep well, your body has a chance to heal from the things that happen during the day. It makes your immune system stronger, helps your muscles feel better, and keeps you healthy.

Also, sleep can make you feel better in your mind. It can make you happier, help you understand your feelings, and make your thinking clear.

While you sleep, your brain also keeps memories, which helps you learn better.

If you don't get enough sleep, you might feel tired, have trouble paying attention, get easily annoyed, and have a higher chance of health problems. So, it's important to get plenty of good sleep to stay healthy and strong.

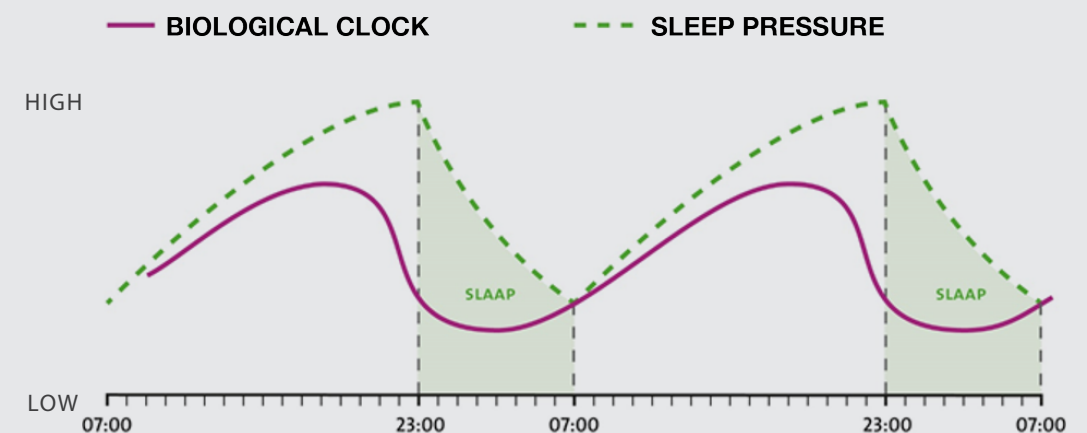
▶ To understand how sleep works, it is important to know more about:

- The biological clock
- Energy, tiredness, and safety
- Sleep phases, sleep pressure, and naps
- Planning sleep
- Food and irregular working hours
- Example meal plans
- Exercise
- The golden tips

▶ BIOLOGICAL CLOCK

The biological clock is a built-in clock in your body that ticks for about 24 hours. It's a small part in your brain that makes sure your body and mind function differently at different times of the day. This clock regulates things like your sleep-wake pattern, body temperature, hormone release (such as the sleep hormone melatonin), and digestion and appetite.

Humans are naturally 'day animals.' The biological clock is sensitive to light and darkness. Normally, you go to sleep when it's dark and become active in daylight. This rhythm gets disrupted when working irregular hours. You might have heard of jet lag, or maybe you've even experienced it. When you travel between different time zones, your biological clock needs some time to adjust. This can make you hungry at unusual times and suddenly very tired in the middle of the day. You might experience this too if you work irregular hours.

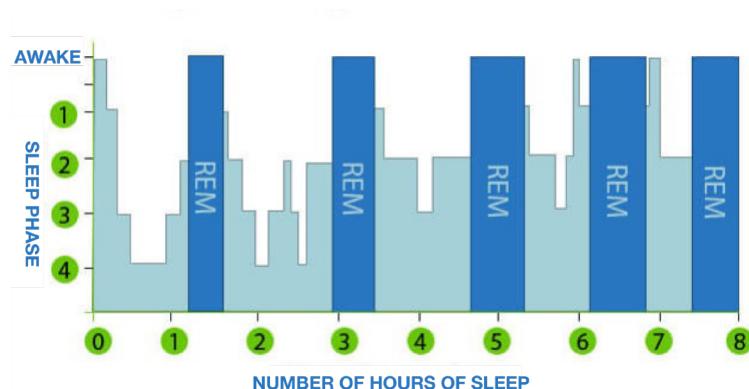


▷ SLEEP PRESSURE & SLEEP PHASES

Sleep pressure is like a kind of hunger your body has for sleep. The longer you stay awake, the more sleep pressure builds up. It's your body's need to rest and recover, and it ensures that you eventually go to sleep.

Sleep phases: there are two main categories of sleep - non-REM (NREM) and REM (Rapid Eye Movement). During a regular night, you go through these phases several times, with each cycle lasting about 90 to 110 minutes.

- Non-REM Sleep (light blue in the model)
- Stage 1: Transition from wakefulness to light sleep
- Stage 2: Lighter sleep with a decrease in body activity
- Stage 3: Deep sleep, essential for the body's recovery
- REM Sleep (dark blue in the model)
- Mental recovery, where you process what you have experienced and store memories
- Dreams mainly occur during this phase
- Rapid eye movements and increased brain activity. That's why this phase is called REM sleep: Rapid Eye Movement



Naps and Pre-/Oversleeping

Taking a nap can help reduce sleep pressure or gain new energy. When you take a short nap, you give your body a chance to rest and decrease accumulated sleep pressure. It's important to keep naps short, usually around 20-25 minutes, to avoid entering deep sleep.

- ▶ **PRE-/OVERSLEEPING TIP:** If you want to catch up on sleep or prepare for a night shift, it's best to aim for a complete sleep cycle. Lie down in bed and set your alarm 90 minutes ahead. This way, you'll enter deep sleep, and your body will be physically restored!
- ▶ **NAP TIP:** You can take a super short nap to regain energy. This method is called the key method. Sit down with a bunch of keys in your hand. If you drop the keys, it means you've briefly fallen asleep. You've gained new energy.
- ▶ **NAP TIP:** Struggling to fall asleep? In that case, it's better to let sleep pressure build up until the time you want to sleep. So, it's better to skip the nap.

▷ MICROSLEEP AND SAFETY

When you are very tired, there is a greater risk of experiencing a microsleep. A microsleep is an extremely short nap that occurs unintentionally. It happens very quickly, often in seconds, and you may not be aware of it. During a microsleep, your eyes may close, and you may briefly doze off, even if you want to stay awake. It can occur when you are extremely tired. It is risky, especially when engaging in tasks that require concentration, such as driving and working. It's important to get enough sleep to prevent microsleeps from happening when you need to be alert.

▶ VERMOEIDHEID HERKENNEN:

You can recognize signs that you are fatigued, such as:

1. Blurred vision and loss of focus;
2. Becoming quiet and withdrawn;
3. Getting easily irritated or angry, even over small things;
4. Feeling extremely sleepy and struggling to keep your eyes open;
5. Yawning frequently;
6. Difficulty concentrating;
7. Forgetting what you did in the past 5 minutes;
8. Lack of interest and motivation.

Tip 1: Feeling extremely tired? Talk to your colleagues and prioritize your safety!

Tip 2: Experiencing fatigue while driving home? Pull over to a parking lot and take a short nap (key method)!

▷ WE ARE ALL DIFFERENT

TYPE 1

Long sleepers versus short sleepers: Some need 9-10 hours to feel rested, while others can get by with 5-6 hours.

TYPE 2

Rigid sleepers versus flexible sleepers: Some can only sleep at fixed times or in their own bed, while others are much more flexible and can sleep anywhere, anytime.

TYPE 3

Morning people versus night owls: Your chronotype largely determines your sleep/wake rhythm. Morning people go to bed early and wake up early, while night owls get the most energy in the evening and prefer sleeping in.

TYPE 4

Dutters versus non-dutters: Some can easily take a nap to make up for lost sleep, while others find it challenging.

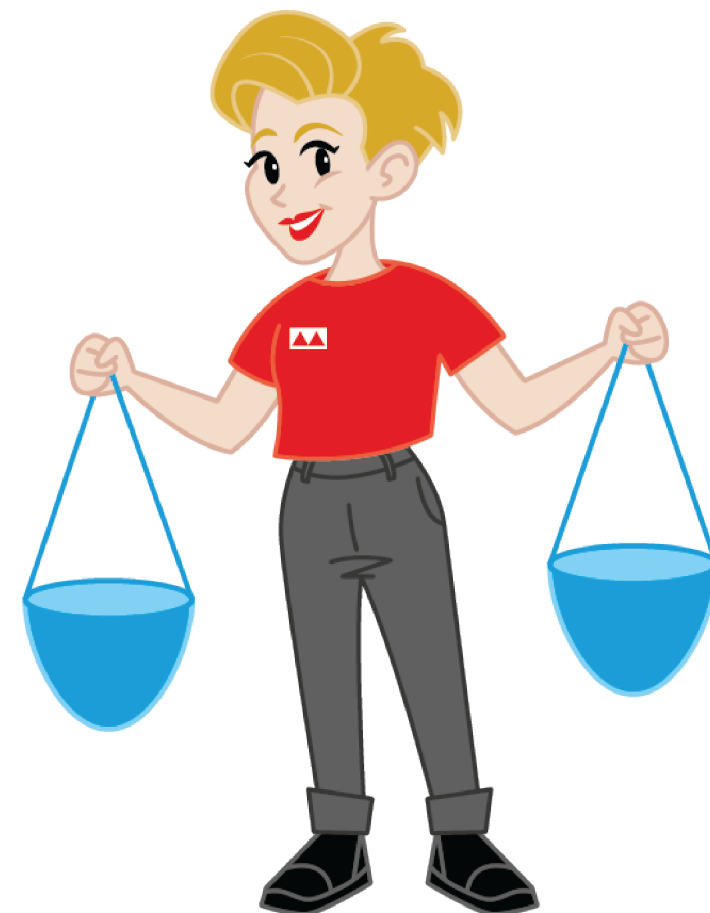
Understanding your own preferences can help in planning a sleep schedule that suits you best.

- ▶ **TIP FOR MORNING PEOPLE:** If you struggle with sleeping for an extended period after a night shift because you are awake and alert in the morning, try pre-sleeping 90 minutes or even 3 hours before night shifts. This breaks down your sleep into a block in the early evening and another block after your night shift.
- ▶ **TIP FOR NIGHT OWLS:** You might find it easier to sleep for an extended period after a night shift. Sleep until you naturally wake up and take a short nap (maximum 25 minutes) if you experience a dip during the day or evening.

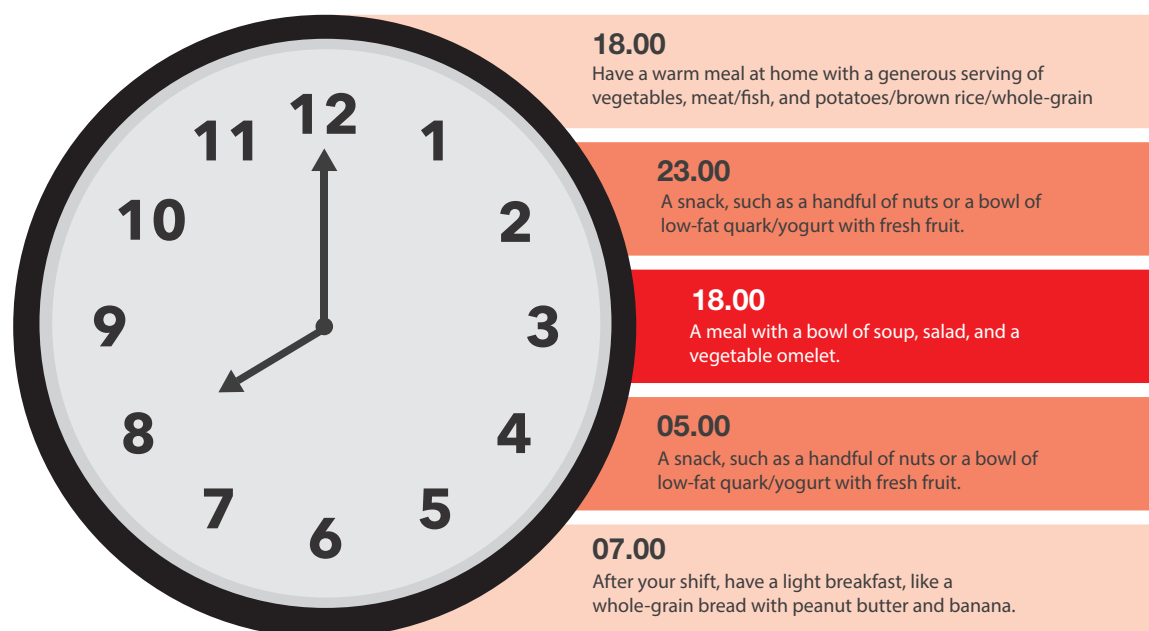
▶ NIGHTTIME NUTRITION

The biological clock slows down digestion at night, making it more challenging for your body to tolerate and process food. To navigate night shifts with energy and still enjoy a good sleep afterward, here are some tips:

- **It's crucial** to maintain a structured **three-meal schedule**.
- **Choose for light meals** during the night, as heavy meals can induce drowsiness.
- **Divide your meals into small portions** throughout the night.
- **Include proteins**, essential for sustaining energy and promoting alertness. Choose lean protein sources like chicken, fish, eggs, beans, and nuts.
- **Incorporate healthy fats** into your diet, such as avocado, olive oil, and nuts, providing a sense of fullness and delivering sustained energy.
- **Choose complex carbohydrates** like whole grains, oatmeal, and sweet potatoes. They release energy slowly, helping you stay alert during your shift.
- **Fiber-rich foods**, including vegetables, fruits, and whole grains, are crucial for healthy digestion and maintaining a stable blood sugar level.
- **Limit sugar intake and refined products** (such as white bread, white rice, pasta, or pizza). Avoid excessive sugar consumption, as it may lead to energy spikes and crashes. Opt for natural sugars from fruits and whole grains instead.
- **Stay well-hydrated** by drinking enough water. Try to limit caffeinated beverages, especially in the latter part of your shift, to avoid disrupting your sleep if you plan to rest after work.
- **Healthy snacks** can be useful to maintain your energy levels. Consider yogurt with fruit, nuts, vegetable snacks with hummus, or whole-grain crackers with cheese.
- **Plan your meals** carefully so that you have enough fuel for the entire night. Avoid large meals just before bedtime, but make sure to have a light snack if you feel hungry.



▶ MEAL PLAN



- 1**
Prepare well for the night.
- 2**
Consume edominantly protein-rich foods.
- 3**
Avoid excessive fat and overeating.
- 4**
Refrain from sweets, snacks, or cookies.
- 5**
Have three main meals.

▶ EXAMPLE FOR AN EARLY SHIFT

- **18:00:** Have a warm meal at home with plenty of vegetables, a portion of meat (or meat substitute) or fish, and moderate carbohydrates (potatoes, pasta, and rice). Legumes, such as beans, can be a better choice.
- **A healthy snack** just before your shift **around 22:30:** Consider a healthy snack, like a boiled egg, raw vegetables, or a piece of fruit combined with a handful of nuts.
- **In the first break around 2:30,** have a light meal: For instance, yogurt with fruit and nuts or whole-grain bread with savory toppings.
- **After your shift around 7:00:** Avoid heavy meals while on the way or upon returning home, opting for something with carbohydrates and fewer proteins, like fruit or a slice of bread with apple syrup. This helps prevent waking up too early due to hunger.
- **After sleeping,** have breakfast.

▶ EXAMPLE FOR AN EARLY SHIFT

- **6:30:** Breakfast
- **Around 09:30:** Time for a healthy snack to maintain your energy levels. Consider yogurt with fruit, nuts, vegetable snacks, a muesli roll, or whole-grain crackers with cheese.
- **11:30:** Lunch with sufficient proteins and fibers
- **After work:** Time for a healthy snack
- **17:30:** Dinner

▶ EXAMPLE FOR AN AFTERNOON SHIFT

- **Healthy** morning snack
- **14:00:** Lunch, if you find it challenging to bring a healthy hot meal to work, choose to have it during lunchtime.
- **15:00:** Time for a healthy snack
- **17:30:** Dinner with 50% vegetables

▶ THE GOLDEN TIPS!

It can indeed be a challenge to stay fit during irregular work hours. Here are the Golden Tips from Saskia and Mojra (the vitality coaches at Martens) that can help you:






1. Planning and structure: Try to create a regular schedule, even if your working hours vary. Schedule fixed times for meals, sleep, and physical activity.
2. Meal planning: Prepare healthy meals in advance and bring healthy snacks to work. Try to eat regularly and don't skip meals.
3. Adequate sleep: Aim to maintain a consistent sleep pattern, even if your working hours vary.
4. Create a dark, quiet, and comfortable sleep environment to enhance the quality of your sleep.
5. Consider a short nap of about 20-25 minutes before your shift begins. This can improve your alertness and performance.
6. Exercise: Adjust your workout routine to your work schedule. For example, if you work at night, try to exercise in the morning or afternoon. Choose activities you enjoy so you stay motivated. Be flexible with your exercise routine. If you can't go to the gym, consider home exercises or outdoor activities.
7. Drink enough water throughout the day. Avoid excessive consumption of caffeine or sugary drinks, especially if your working hours are close to your bedtime.
8. Limit the use of caffeine and other stimulants, and avoid them in the hours leading up to your planned sleep.
9. Discuss your challenges with colleagues who have a similar work schedule. They can share valuable tips and support you in maintaining a healthy lifestyle.
10. Remember that finding a balance and maintaining a healthy lifestyle takes time, so be patient and make small adjustments to your routine until you find something that works for you.



My energy level is generally...






I eat healthily, even during the changing shifts...

I have found a good rhythm in work,
sleep, eating, and exercise...

☐
☐
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☐

I move enough for more energy
and a healthy body...

☐
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Schedule an appointment with Saskia Ploeg, the lifestyle coach at Martens! Feel free to ask your questions and share your experiences during the customized consultation!

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