



RESIDENT WORK ROOM LIGHT BOX

An Evidence Based Strategy for dealing with the circadian disruption of shift work

Night Float Residents

- Use for the first half of your shift (until about 2:00 AM or so)
- Don't stare directly at light box
- Wear sunglasses on the way home from work in the AM (Uber or Lyft home if sleepy)
- May take low dose melatonin (1-3 mg) when going to bed in the AM
- Use Blackout Curtains
- Keep consistent routine when not working

Daytime Residents

- Feel free to use the light box particularly in the AM but please don't use during morning sign-out (as it can screw with the night float resident)
- Sleep (and Wake) well
- If you are having challenges sleeping, make an appointment at the Sleep Clinic by calling 612-873-6963