

Alertness - Sleep  
Nutrition

Work shifts



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## Work morning, afternoon and night shift

During night work, there is a desynchronization between circadian rhythms aligned with daytime schedules and the new activity-rest/wake-sleep cycle imposed by night work. (Wang et al., 2011 and Loef B. et al. 2022)

This desynchronization is also facilitated by environmental conditions that are not conducive to sleep:

- daylight during rest,
- higher daytime temperatures than typically at night,
- higher noise levels during the day,
- social rhythm,
- and family obligations,...

Reducing the desynchronization of biological rhythms and the sleep debt is a priori favorable: next slides give practical guidance.

Remember that each individual is unique, so adjust these recommendations based on your own needs and preferences



Tips to maintain healthy eating habits despite your atypical work schedule.



- Dietitians of Canada. Dix conseils d'alimentation pour les travailleurs de quarts (10 Nutrition Tips for Shift Workers). In: Practice-based Evidence in Nutrition® [PEN]. (2016).
- Phoi Y. Y., and Keogh J. B. Dietary Interventions for Night Shift Workers: A Literature Review. Nutrients 2019.
- Bonnell E.K. *et al.* Influences on Dietary Choices during Day versus Night Shift in Shift Workers. Nutrients 2017.



Work: 22 – 6h



**Waking Up**

- Get up at a regular time
- Exposure to light



**For each meal:**

- Favor local, organic
- Homemade, avoid industrial food
- Drink water during the workday, aeration



**Physical Activity**

Sports, walking in the forest, swimming, etc.



Nap: max 30 min



Short naps (20–30 min) improve cognition, mood, and cardiovascular health, while longer naps may be risky, especially for those with sleep difficulties, and require an individualized approach.

**Supper (more hearty than dinner)**

- Favor proteins (meat, fish, eggs...)
- Avoid saturated fats
- Vegetables (2/3 of the plate)
- Whole starches, legumes (quinoa, lentils, beans, buckwheat...)
- Magnesium, Vitamin D



**Snack if needed**

- Prepare in advance
- Proteins (egg, cold meat, cheese, whole grain bread, nuts...)

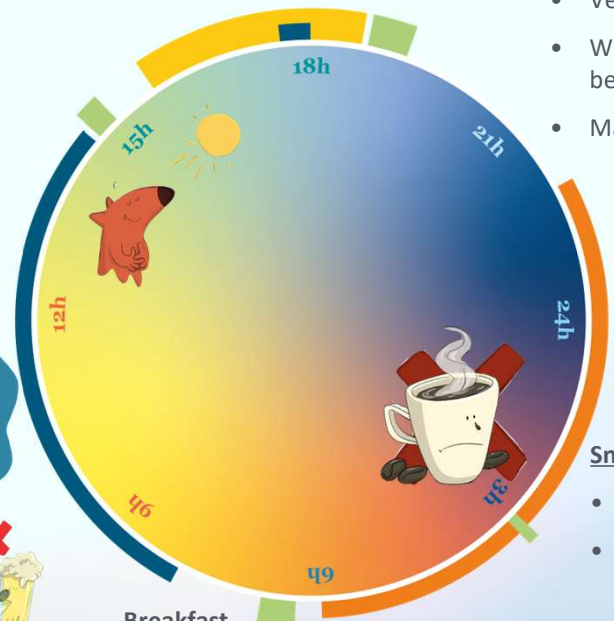
**Dinner (less hearty than supper)**

- Proteins (meat, eggs, plant-based dairy products...)
- Slow-releasing carbohydrates (multigrain bread, vegetable fried rice, pasta salad...)
- Vegetables, legumes (lentils, beans, white or red beans...)
- 1 fruit, hot drink
- Vitamin C



**Before sleep**

- Avoid warm bath
- Avoid dynamic activities
- Avoid alcohol (impact on quality of the sleep)
- Avoid screen (blue light)
- Avoid stressful activities or discussions, and intense intellectual work that keeps the brain alert.
- Bed: good quality, T18°C, cover feet, dark bedroom
- Go to sleep at regular hours



**Breakfast**

- Avoid proteins (meat, eggs...)
- Slow-releasing carbohydrates (multigrain bread, vegetable fried rice, pasta salad...)
- 1 fruit, hot drink (infusion)
- Magnesium

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Work: 14 – 22h

Dinner

- Favor proteins (meat, fish, eggs,...)
- Avoid saturated fats and fast sugars (fries,...)
- Vegetables (2/3 of the plate), legumes (lentils, beans, white or red beans, mushrooms,...)
- Whole starches, legumes (quinoa, lentils, beans, buckwheat,...)
- 1 fruit, hot drink

Snack if needed

- Prepare in advance
- Proteins (egg, cold meat, cheese, whole grain bread, nuts,...)

Supper

- 2 hours before bedtime,
- Eat light, chew slowly,
- Avoid proteins (meat, eggs...), slow-releasing carbohydrates (multigrain bread, vegetable fried rice, pasta salad...), favor vegetables
- Magnesium, Vitamin D

Before sleep

- Avoid warm bath
- Avoid dynamic activities
- Avoid alcohol (impact on quality of the sleep)
- Avoid stressful activities or discussions, and intense intellectual work that keeps the brain alert.
- Avoid screen (blue light)
- Bed: good quality, T18°C, cover feet, dark bedroom
- Go to sleep at regular hours

Waking Up

- Get up at a regular time
- Exposure to light

Physical Activity

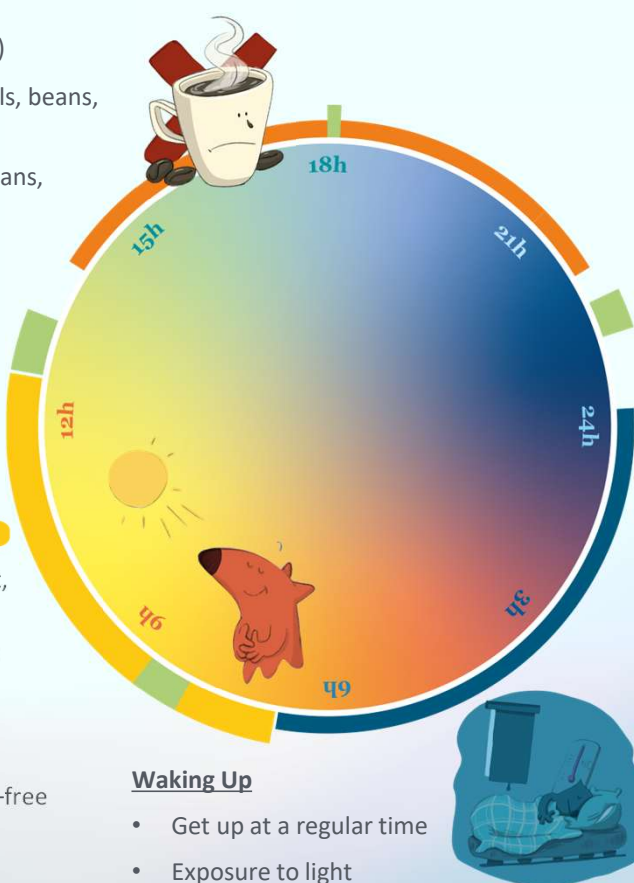
- Sports, walking in the forest, swimming, etc.

Breakfast

- **Favor proteins** (meat, eggs, cheese, plant-based dairy products with chia, ground flaxseeds, berries...)
- Slow-releasing carbohydrates (multigrain bread, gluten-free starches (quinoa, buckwheat, millet,...))
- 1 fruit, hot drink (green tea, matcha)
- Magnesium and Vitamin C

For each meal:

- Favor local, organic
- Homemade, avoid industrial food
- Drink water during the workday, aeration





Work: 6- 14 h

### Dinner

- **Favor proteins** (meat, fish, eggs...)
- Avoid saturated fats and fast sugars (fries...)
- **Vegetables** (2/3 of the plate), legumes (lentils, beans, white or red beans, mushrooms...)
- **Whole starches, legumes** (quinoa, lentils, beans, buckwheat...)
- 1 fruit, hot drink

### For each meal:

- Favor local, organic
- Homemade, avoid industrial food
- Drink water during the workday, aeration



### Physical Activity

- Sports, walking in the forest, swimming, etc.



Nap\*: max 30 min



### Supper

- 2 hours before sleep, eat light, chew slowly,
- **Avoid proteins** (meat, eggs...)
- **Slow-releasing carbohydrates** (multigrain bread, vegetable fried rice, pasta salad, soup...)
- **Favor vegetables** (2/3 of the plate)
- Magnesium and Vitamin D

### Before sleep

- Avoid warm bath
- Avoid dynamic activities
- Avoid alcohol (impact on quality of the sleep)
- Avoid stressful activities or discussions, and intense intellectual work that keeps the brain alert.
- Avoid screen (blue light)
- Bed: good quality, T18°C, cover feet, dark bedroom
- Go to sleep at regular hours



### Breakfast (around 5 a.m. or at work around 9 a.m.)

- **Favor proteins** (meat, eggs, cheese, plant-based dairy products with chia, ground flaxseeds, berries...)
- Slow-releasing carbohydrates (multigrain bread, gluten-free starches (quinoa, buckwheat, millet...))
- 1 fruit, hot drink (green tea, matcha, infusion)
- Magnesium and Vitamin C

### Waking Up

- Get up at a regular time
- Exposure to light

*\*Short naps (20–30 min) improve cognition, mood, and cardiovascular health, while longer naps may be risky, especially for those with sleep difficulties, and require an individualized approach.*

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