

Getting A Good Night's Sleep

We all know what it's like to have a bad night's sleep, but for many, sleepless nights become a way of life and people just learn to live with them.

GETTING A GOOD NIGHT'S SLEEP is compulsory reading for all of us who toss and turn in our beds and shiftworkers who must learn to sleep during the daytime.

Fiona Johnston provides straightforward and comforting advice, explaining just what happens when we sleep, as well as:

- Types of sleeping disorders - medical, psychological and emotional**
- How to learn new sleep habits**
- How drugs can affect your sleep – these include prescription drugs, over-the-counter medication, as well as caffeine, nicotine etc.**
- Managing stress - recognising 'stressors' and learning to deal with them**
- How keeping fit can make a difference - realistic goals that lead to better sleep**
- Tips for shiftworkers - how to sleep when everyone around you is awake**
- What shiftwork managers need to know**
- Why your teenagers stay up late at night**
- Your own personalised sleep assessment which includes a sleep questionnaire and sleep chart**
- Your legal responsibilities**

Retail Price \$29.00 Inc GST



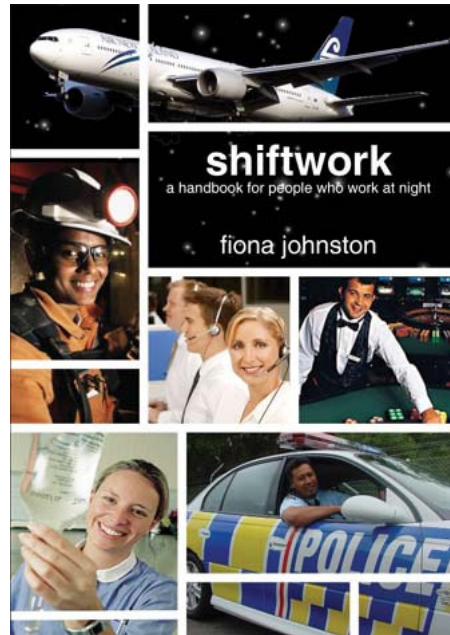
SHIFTWORK

A hand book for people who work at night

This handbook contains vital information for all shiftworkers. Easy to read, bullet point format.

CONTENTS

- Improving sleep
- Reducing fatigue
- Improving alertness
- What to eat
- Legal issues
- Fatigue check list
- Your shiftwork management plan



Usual Retail Price \$10.00 Inc GST

DISCOUNT PRICE AVAILABLE ON BULK ORDERS

Guarantee – if you are not completely happy with your order you have a 30-day right of return - Shiftwork Services, PO Box 33 257 Takapuna, Auckland, New Zealand

