

ShiftReady

Safer shifts start
with better sleep

Evidence-based video tools to help shift workers stay healthy, alert and safe.

Working shifts can affect sleep, energy levels, concentration and overall wellbeing. To help you stay safe and perform at your best, EML has partnered with the **Sleep Health Foundation** to develop ShiftReady - a practical video series designed specifically for shift workers and their leaders.

How ShiftReady can help you?

- Understand how shift work affects your body and sleep
- Learn practical strategies to improve sleep quality and recovery
- Stay alert and manage fatigue during shifts
- Recognise common sleep disorders and when to seek support
- Improve your health, wellbeing and performance at work and home
- Access short, engaging videos you can watch anytime



Explore the video series



How shift work affects sleep

Understand how shift work affects sleep patterns, health and performance.



Getting better sleep when working shifts

Practical tips to improve sleep quality and recovery between shifts.



Staying alert on shift

Simple strategies to manage fatigue and maintain alertness.



Lighting for better sleep and alertness

Learn how light exposure can support alertness and better sleep.



Understanding sleep apnoea

Understand the signs, symptoms and available support.



Understanding insomnia

Learn how insomnia affects sleep and what you can do about it.



Understanding shift work disorder

Recognise the impacts of disrupted sleep patterns and when to seek help.



How managers can support better sleep

Guidance for leaders to support worker wellbeing and manage fatigue risks.

Ready to get started?

The ShiftReady video series is now available to view through EMlearning online learning dashboard and EML Resources via www.eml.com.au/resources

Scan QR to learn more and
access the video series.



Developed in partnership with the Sleep Health Foundation, ShiftReady equips shift workers with evidence-based tools to sleep better, manage fatigue and stay healthy, alert and safe at work. Through a series of short, practical videos, workers can access simple strategies that support long-term health and wellbeing.

Why use shiftready?



For employers

- Support fatigue risk management initiatives
- Strengthen safety and wellbeing programs
Enhance toolbox talks.
- Promote worker health, alertness and performance
- Access trusted, evidence-based sleep health information

How to use the videos



For employers

- Include in toolbox talks and safety meetings
- Use during worker inductions
- Share as part of wellbeing initiatives
- Encourage team discussions around sleep health



For workers

- Learn practical ways to improve sleep and recovery
- Understand how shift work affects health and wellbeing
- Stay alert and reduce fatigue on shift
- Recognise common sleep disorders and when to seek support
- Develop healthy habits that support long-term wellbeing



For workers

- Watch individually at a time that suits you
- Apply practical tips and strategies to your daily routine
- Reflect on ways to improve sleep and recovery
- Share learnings with colleagues and supervisors
- Revisit videos whenever needed