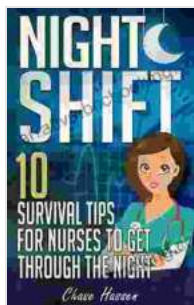


# 10 Survival Tips for Nurses to Get Through the Night: A Guide for Licensed Practical Nurses

Every nurse, at some point in their career, has had to work through the night. It can be challenging, but it can also be a great opportunity for you to learn how to care for patients in a different setting. If you are a Licensed Practical Nurse (LPN) new to working the night shift, you can follow these ten survival tips to help you get through the night.

## 1. Get Enough Sleep

This may seem like a no-brainer, but it is essential to make sure you get enough sleep before your shift. When you are well-rested, you will be better able to focus and make sound decisions. Aim for 7-8 hours of sleep before your shift, and create a relaxing bedtime routine to help you fall asleep quickly.



**Night Shift: 10 Survival Tips for Nurses to Get Through the Night! (Licensed Practical Nurse, Registered Nurse, Certified Nursing Assistant, Nurse Practitioner, ... Nursing Scrubs, Nurse Anesthetist Book 1)** by Chase Hassen

★★★★☆ 4.1 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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## **2. Eat Healthy and Stay Hydrated**

Eating a healthy meal before your shift will help you stay energized throughout the night.

Avoid sugary snacks and processed foods, which can give you a quick burst of energy but will make you crash later on.

Instead, opt for whole grains, fruits, and vegetables. Also, remember to stay hydrated by drinking plenty of water throughout the night.

## **3. Take Breaks**

It is important to take breaks throughout your shift, even if it is just for a few minutes. Get up and move around, or step outside for some fresh air. Taking breaks will help you stay alert and focused.

## **4. Delegate**

If you can, delegate tasks to other members of your team. This will free up your time so you can focus on the most important tasks. For example, you can ask a certified nursing assistant (CNA) to help you with bathing patients or taking vital signs.

## **5. Prioritize**

Not all tasks are created equal. Learn to prioritize your tasks so that you can focus on the most important ones first. This will help you to avoid feeling overwhelmed and stressed.

## **6. Communicate**

Communication is key when working in any healthcare setting, but it is especially important when working the night shift. Make sure to communicate with your team members, patients, and other members of the healthcare team. This will help to ensure that everyone is on the same page.

## **7. Stay Positive**

It can be challenging to stay positive when you are working the night shift, but it is important to try. A positive attitude will help you to get through the night and provide better care for your patients.

## **8. Find a Buddy**

If you can, find a buddy to work with you on the night shift. This can help you to stay motivated and focused. You can also help each other out with tasks, such as lifting patients or taking vital signs.

## **9. Set Realistic Expectations**

It is important to set realistic expectations for yourself when working the night shift. You will not be able to do everything, and that is okay. Focus on the most important tasks and do the best you can.

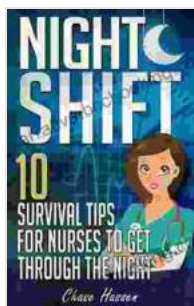
## **10. Reward Yourself**

When you finish your shift, reward yourself for a job well done. This could be anything from taking a nap to watching your favorite TV show.

Rewarding yourself will help you to stay motivated and make the night shift more bearable.

Working the night shift can be challenging, but it is possible to get through it with the right mindset and preparation. Following these ten survival tips can help you to stay safe, healthy, and productive throughout your shift. So next time you are scheduled to work the night shift, remember these tips and you will be sure to get through it like a pro!

**Bonus Tip:** If you are really struggling to adjust to the night shift, talk to your doctor or a mental health professional. They can help you develop coping mechanisms and strategies for getting a good night's sleep.



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