

Working Nights™

Improving Health, Safety, and Quality of Life for People Who Work Non-Traditional Hours

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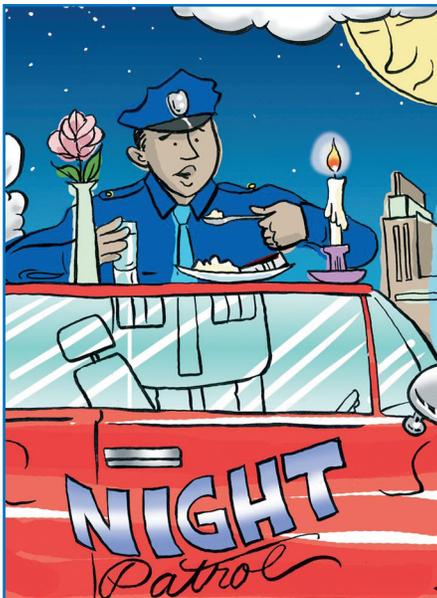
FEATURE STORY

Shiftwork Tip: Night Snacks & Reducing Heartburn

In the middle of the night shift — typically 3 a.m. to 6 a.m. — your digestive system slows down. While you still may get hungry, you might find your stomach doesn't respond well to certain foods. Pick the wrong food and you might end up with a case of heartburn.

So what should you eat? Below we'll offer some suggestions for finding the right foods to eat during the night shift.

What snacks should you avoid at night? Because fluctuations in your body's circadian rhythms put your digestive system in "shutdown" mode at night, you should stay away from greasy, fatty and spicy foods. Just say no to doughnuts, potato chips, pizza, fried chicken, cheeseburgers, ice cream, milkshakes, tacos, burritos, etc. Save all these for your days off (in moderation, of course). You should also avoid high-sugar snacks. Sweets give you a brief burst of energy, but the temporary high wears off quickly, leaving you sleepier than before you snacked.



What are the right snacks at night?

Now that we've got all the "bad" foods out of the way, what's left? Nutrition experts say that foods rich in carbohydrates and protein but low in sugar and fat will provide you with an energy boost — without irritating your stomach.

If you're fairly hungry, pasta, rice, baked potatoes, bagels and whole grain breads are good carbohydrate choices. For protein, try a small portion of fish or skinless chicken.

One note of caution: Be careful to keep an eye on the toppings you use. A baked potato is a fine 3 a.m. selection, but your

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THE TOOLBOX

Limiting Social Media Usage

Many of us fall into the habit of checking our phone before turning in for the night. However, recent studies have suggested that individuals who access social media sites such as Facebook before they go to bed are more likely to experience sleep problems. The study revealed that those who check social media most frequently were three times more likely to have problems getting to sleep. The study hypothesized that, for those who hop onto their social media accounts to pass the time when they can't get to sleep could be making the issue worse. When it's time to sleep, it's best to unplug approximately 2 hours before bedtime to ensure a good night's rest.



NEWS FLASH

Medical Students Lack Education on Sleep

A 2009 survey of 409 medical schools in 12 countries revealed that students spent just a few hours of their total schooling learning about sleep science. The United States and Australia ranked the highest, with roughly three hours dedicated to the subject of sleep in the classroom or in residency. Indonesia, Malaysia, and Vietnam reported zero hours. Respondents reported that their packed curriculum limited the time they had to dedicate to sleep science. "Educating young doctors about sleep will help them take better care of their patients," said Dr. Melissa Lipford, a sleep specialist at the Mayo Clinic.

Source: Justin Higginbottom, "Medical Students Only Spend Three Hours Learning About Sleep," *The Daily Dose*, June 25, 2018 (retrieved at: <https://www.ozy.com/acumen/medical-students-only-spend-three-hours-learning-about-sleep/87528>)

Shiftwork Website of the Month:

July is National Park and Recreation Month. Learn more at: <https://www.nrpa.org/July>.

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Working Nights is published monthly to help workers in 'round the clock operations improve their health, safety, and quality of life.

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Shiftwork Tip: Night Snacks & Reducing Heartburn

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stomach may react poorly if you slather it with butter and sour cream. The same principle applies to bagels and pasta — use cream cheese and spaghetti sauce sparingly.

When you're just looking for a little something to nibble on, fruits and vegetables make excellent picks. Raisins, apples, peaches, pears, bananas and carrots are among the most commonly selected shiftworker snacks. A salad with low-fat dressing is another good option.

Crackers, pretzels and rice cakes also are ideal pre-dawn snacks. And don't overlook the option of munching from a box of low-sugar cereal. In addition to the nutritional benefit, you may find that the mere act of eating helps keep you alert when you're feeling sleepy.

An important note: Don't underestimate the value of water. Water enhances your energy level, aids digestion and reduces joint and muscle soreness. You should strive to drink the equivalent of 8 to 10 glasses a day — including several on the overnight shift.

Digestive Problems? Compared to day-workers, shiftworkers tend to experience more gastrointestinal troubles, such as upset stomachs, heartburn, and excessive gas. If this sounds familiar, here are some tips for you:

- 1) Keep a regular eating schedule. Your stomach likes regularity, so try to eat at roughly the same time each day, even if your work hours change from day to day.
- 2) Eat snacks rather than meals at night. Now that we've suggested what snacks you should eat at night, try them out. Your stomach will appreciate it.
- 3) Don't overdo coffee. Although caffeinated coffee offers a temporary boost in mood and alertness, excessive consumption — more than two or three cups per day — can cause stomach irritation. You might substitute water in place of coffee.
- 4) Beware of medications' side effects. Some over-the-counter remedies for minor aches and pains, such as aspirin, ibuprofen (Advil, Motrin) or naproxen sodium (Aleve), can upset your stomach if used too often.
- 5) Avoid fatty and spicy food. As mentioned above, stick to foods rich in carbohydrates and protein but low in sugar and fat. This will keep your energy up and reduce the likelihood of digestive problems.
- 6) Identify "problem" foods. After working nights for a while, you'll probably discover which foods make your stomach feel normal and which ones make it feel as if an earthquake is hitting down there. 

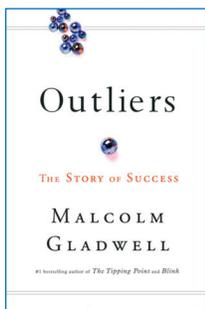
“Hear! Hear!”

*“Everybody talks about
the weather, but
nobody does anything
about it.”*

— **Charles Dudley Warner**

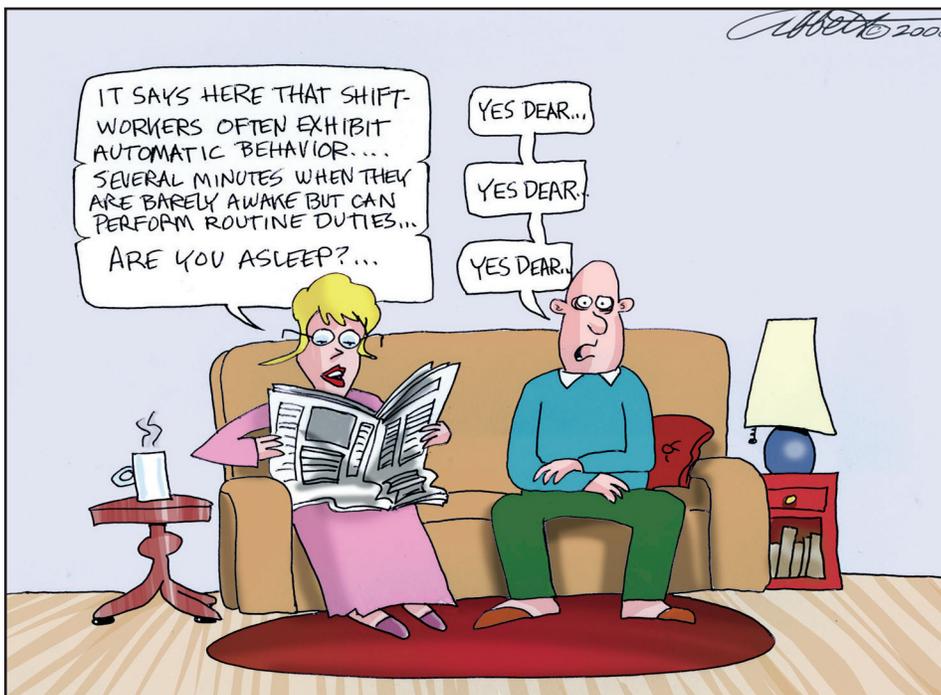
IN REVIEW

**Outliers:
The Story of Success**



Malcolm Gladwell explores the habits of high achievers and what makes them so successful. Going beyond the basics of their personality traits, Gladwell explores the upbringing, culture, and unique experiences that helped motivate and define who these high achievers are today. You'll learn what made the Beatles the greatest rock band to what it takes to be a great athlete (hint: hours of dedication are a key component). 

WORKING NIGHTS™



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BLUEBERRY MUFFIN SMOOTHIE

It's National Blueberry Month! What better way to celebrate than with a refreshing blueberry muffin smoothie.

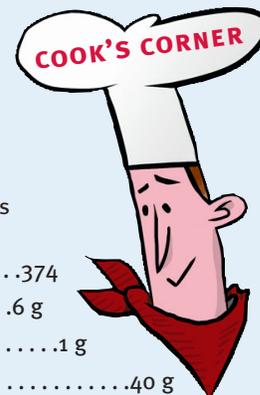
SERVES: 1 (SERVING SIZE 2 ¼ CUPS)

INGREDIENTS:

- ½ cup blueberries
- ½ cup rolled oats
- 1 cup vanilla almond milk
- 1 orange, peeled
- ¼ cinnamon

NUTRITIONAL ANALYSIS
PER SERVING:

- Calories:374
- Total fat:6 g
- Saturated fat:1 g
- Sugars:40 g
- Sodium:1547mg
- Total fiber:12 g
- Protein:9 g
- Carbohydrates:76 g



Cooking Instructions

Combine all ingredients in blender until smooth. Let the smoothie sit for a minute or two after blending, as the rolled oats will thicken upon standing. Add ice and garnish with cinnamon and blueberries. Enjoy!

Source: greatist.com



TRUE... BUT USEFUL?

*Humans have 46 chromosomes,
peas have 14 and crayfish have 200!*



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MR. KNOW-IT-ALL EXPLAINS



Sunscreen: What's the Ideal SPF

July means barbecues and fireworks and fun in the sun. In recent years, there has been much talk (and some debate) about the ingredients in sunscreen and the ideal SPF (Sun Protection Factor) to protect us from the sun's harmful rays.

Ultraviolet rays and how to stay protected

One thing to keep in mind is that SPF ratings don't measure how well a sunscreen will protect an individual from Ultraviolet A (UVA) rays. While Ultraviolet B (UVB) rays are what cause actual sunburns, UVA rays penetrate the skin more deeply and are associated with aging and skin cancer. For ideal protection from both UVA and UVB rays, it's best to find a sunscreen that says "broad spectrum" or "UVA/UVB protection" on the label.

Sunscreen with SPF 100 or more will provide me with 100% protection, right? Sorry, that's not how it works. No sunscreen blocks all UV rays, but here's a quick reference guide:

- SPF 15 blocks 93% of UVB rays
- SPF 30 blocks 97%
- SPF 50 blocks 98%
- SPF 100 blocks 99%

**Note: the difference between SPF 30 and SPF 100 is just 2%.*

One issue with higher rated SPF products is that researchers suspect it gives consumers a false sense of security, thinking they can bask in the sun

much longer with no detrimental effects. High SPF products also require higher concentrations of sun-filtering chemicals, and studies have revealed that some of these ingredients posed a higher risk for skin damage and even hormonal disruption.

In 2011, the FDA proposed capping SPF ratings at 50+, as they felt inflated SPF values may be misleading consumers. The ruling by the FDA has yet to be finalized, and American sunscreen SPF values continue to climb, with many products touting SPF 100 or higher.

Spray-on, powder, or cream-based sunscreen?

Spray on sunscreens are of course easier to apply, but do they provide as much protection as a cream-based sunscreen? The verdict is still out on its efficacy.

In 2011, the FDA raised concerns about spray-on sunscreen and whether it provides the same level of protection as its cream-based counterpart, as it is difficult to see whether an even, thick coating of sunscreen is present when applied. FDA is also particularly concerned about the inhalation risk of spray-on sunscreens.

Powder sunscreens were recently barred by the FDA due to inhalation risks and uncertainty on the level of sun protection it provided, so they should be avoided.

The Skin Cancer Foundation recommends a water-resistant, broad spec-



GOOD THINKIN'

Mosquitoes Pestering Your Picnic? Try These Natural Remedies

Mosquitoes can certainly put a damper on your ability to enjoy The Great Outdoors. Here are a few natural, DIY remedies to treat mosquito bites:

- 1.) Banana peel – Rub the itchy area with the inside pulp of the peel. It will moisturize and neutralize the itching. This remedy also works for poison ivy!
- 2.) Aspirin – Simply crush it up, add some water, and cover the bite with the paste to alleviate itching.
- 3.) Lemon or lime slice – It may sting a bit at first, but its antibacterial properties will clean and numb the bite.
- 4.) Apple cider vinegar – Similar to the lemon or lime remedy, simply rub on the affected area to reduce itching and swelling.
- 5.) Table salt – Repurpose a bit of that salt you're using for grilling and rub on the affected area.
- 6.) Peppermint toothpaste – Dab some cream-based (not gel) toothpaste directly on the bite. It works as an anti-inflammatory to reduce itching and swelling.

Source: Brandy J., "DIY Mosquito Bite Relief" Pretty Plain Janes blog, June 10, 2014.

trum sunscreen with an SPF 30 or higher for any outdoor activity, with one ounce applied 30 minutes before going outside. Be sure to reapply every two hours, or immediately after swimming. 