

# Not every night, dear

**T**here is a piece of advice for night shift workers that we have before of such technical origin (thanks mostly to the fall season) but comes in easy-to-read form in *14 Days to Solve the Problems of Your Sleep* by Carl Slighted, published by Houghton Mifflin. The book "The Power to Sleep" is written by Mark W. Miller, an author of *14 Days to Sleep*. In the book, Miller explains why sleeping in the night is so much more beneficial to the body and the mind than that of a day-time nap. But here's the catch, because he says that you can't believe you're getting so much sleep as your body and mind require during the day after your night shift.

"You might sleep for 8-10 hours during the day after your night shift and yet you might feel



**ON A DC-STRESS DRIVE: Mark Miller in New Delhi**  
PHOTO BY A. K. SINGH

grumpy. It happens because your body gets enough sleep but your mind doesn't. Your mind needs more rest if you must do a lot

you don't get that sleep. So, you must sleep and get some rest.

## Some tips

So to get both your body and mind together, you must consider the following tips. You should preferably get some sleep in the day after your night shift (8-10 hours).

"The importance of work that makes you take a lot of time and rest is to avoid stress. To make you willing to take small hours of sleep, but it's hard to do. So, the stress and the stress is to get some rest. So, you must sleep and get some rest."