"I can fall asleep anywhere."

And that's the problem. Just because you work shifts, doesn't mean you have to be sleepy all the time. There's a lot you can do to get better sleep, like using room-darkening shades or unplugging your bedroom phone. By improving your sleep, you can improve your performance at work, at home and especially on the road. **Wake Up And Get Some Sleep.**

Sleep Tips: Establish a regular, relaxing bedtime routine. Avoid caffeine several hours before bed. Avoid alcohol before bed—it makes it difficult to maintain uninterrupted sleep.