"Mommy, Mommy, are you asleep?"

Funny how kids can pick the worst times to try to get your attention. As a shift worker, you know how irritating these interruptions can be. That's why you should talk to those close to you about your schedule. You'll improve your sleep, and that can help improve your job, your commute, and most importantly, how you see your family. **Wake Up And Get Some Sleep.**

Sleep Tips: Hang a "do not disturb" sign on your door. Unplug your bedroom phone. Consider getting a beeper for emergencies.