

# IS NIGHT SHIFT NURSING RIGHT FOR YOU?



night shift (n): the after-hours period in which nurses continue to offer care, support, and empathy to patients in need of around-the-clock attention; also reference superhuman, extraordinary, heroic.

## 1 ARE YOU A NEW NURSE LOOKING TO GAIN EXPERIENCE?

Night shift is a great way for new nurses to jump into the game, and quick. How? There is a high demand for night shift nurses. If your heart is set on working in a certain unit, the night shift may have more spots available.

## 2 ARE YOU HIGHLY ORGANIZED?

If you're up for burning the midnight oil you will learn that organization is key. It takes a systematic individual to maintain a work/life balance, plus a daytime sleep schedule.

## 3 ARE YOU A NIGHT OWL?

Did you do your best studying at night? Some people simply do their best work at nighttime. Because of this, night owls tend to make good night shift nurses.

## 4 ARE YOU HEALTHY?

A healthy diet is essential in keeping performance and energy levels high as a night shift nurse. In fact, it is also recommended that night shift nurses put in their fair share of exercise to increase endorphins, boost energy, and improve their moods.

## 5 DO YOU ENJOY WORKING AT A BIT OF A SLOWER PACE?

In many cases, working the night shift brings in a slower pace of work with sleeping patients and fewer medical personnel working on the floor. This type of environment is often more comfortable and less intimidating. Exception: labor and delivery.

## 6 DO YOU ADAPT WELL TO NEW CHANGES?

No matter how much of a night owl you are, night shift nursing is a big change. However, when you are responsible for taking care of patients you do not have much time to adapt.

## 7 DO YOU WANT TO BE PAID MORE?

Did you know that night shift nurses can earn a higher salary? When things like student loans and car payments add up, one way to jump ahead on these debts is to maximize your earning potential.

## 8 ARE YOU UP FOR AN ADVENTURE?

One thing is for certain, night shift nursing will be an adventure unlike anything you have done before.



How many questions did you answer yes to?

( 1-2 ) Early bird gets the worm! Day shift is more your thing.

( 3-6 ) Time to take the plunge! Night shift is certainly doable.

( 6-8 ) There's no doubt that you can hoot with the owls. Night shift is for you!

Get an inside look at one nurse's night shift experience here:  
[atinursingblog.com/inside-look-labor-delivery-nurse/](http://atinursingblog.com/inside-look-labor-delivery-nurse/)