EVALUATING WATCH SCHEDULES LIGHT MANAGEMENT FOR A 3 WATCH SCHEDULE

3 Watch Schedule – (4, 8, 4, 8)

First Watch		Light Management
		Key times to:
2400 – 0400 (4 hours)	on watch	
0400 – 1200 (8 hours)	** average main sleep period	Seek Bright Light – 2330 - 0100
1200 – 1600 (4 hours)	on watch	Seek Dim Light – 0100 - bedtime
1600 – 2400 (8 hours)	short sleep or nap period	Avoid Light – Bedtime to 1130 and while napping

Second Watch		
		Key times to:
0400 – 0800 (4 hours)	on watch	
0800 – 1600 (8 hours)	short sleep or nap period	Seek Bright Light – 0330 - 0500
1600 – 2000 (4 hours)	on watch	Seek Dim Light – 1700 - bedtime
2000 – 0400 (8 hours)	* average main sleep period	Avoid Light – Bedtime to 0330 and while napping

Third Watch		
		Key times to:
0800 – 1200 (4 hours)	on watch	
1200 – 2000 (8 hours)	short sleep or nap period	Seek Bright Light – 1930 - 2100
2000 – 2400 (4 hours)	on watch	Seek Dim Light – 2100 - bedtime
2400 – 0800 (8 hours)	* average main sleep period	Avoid Light – Bedtime to 0730 and while napping

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* Good sleep quality because it's in the Red Zone & the opportunity to get an average of 6.5 – 7 hours of uninterrupted sleep.

** Getting off watch before daylight & using light management techniques (getting to bed before daylight) will help the quality of sleep & the opportunity to get an average of 6.5 – 7 hours of uninterrupted sleep.

Keep in mind that these noted time durations for schedules, times assigned to sleep and opportunity to use light management may vary for each individual, vessel or operation. But whatever your operation the strategic use of light and attention to sleep times can be used to improve quality and quantity of sleep.

Most individuals, on average, get their main sleep during the noted times. Usually, these individuals sleep a shorter period of time, possibly a 2-hour nap, during their other off period which would give them recreational time.

FINAL DRAFT