

1 Sync with the body's natural rhythm

When your body says "slow down," listen. Don't try to power through fatigue. Take regular breaks and adjust your pace to match your level of alertness.

2 Allow time to shake off sleep inertia

After any rest—even a 20-minute nap—simply wait 30 minutes and do some stretching or talk to a friend. Exposure to light and a walk around the truck will help ease into your shift with a clear head.

3 Don't let sleep debt pile up

Going to bed a bit earlier each night is far more effective than cramming recovery into a single long sleep. Go to bed 15 minutes earlier each night and maintain a consistent sleep-wake schedule.

4 Take a nap instead of reaching for coffee

When drowsy later in the day, skip the coffee. Take a 20-minute nap in the truck to recharge. Follow it with a refreshing drink and a short walk.

5 Create a calm, restorative bedtime routine

Set yourself up for better sleep by winding down slowly. Dim the lights, put screens away early, and avoid heavy meals and alcohol late at night. Try deep breathing or calming music to signal to your body that it's time to rest.

