

When your workday ends at sunrise, “bedtime” may mean late morning. That can make sleep harder to protect: daylight is bright, household routines are underway, and your body may be primed to stay awake. A repeatable routine cannot erase the effects of a night shift, but it can help you move from driving mode to sleep mode and make your sleep schedule more predictable.

The goal is not a complicated wellness ritual. It is a short sequence you can repeat after your last ride, even when you are tired: get home safely, lower stimulation, ease body tension, prepare your sleep space, and give yourself enough time to sleep. The focus is on reliable habits—not supplements, gadgets, or promises that a particular product will make you sleep.

First: Make Sure You Are Safe to Drive Home

Fatigue is a driving risk, not just an inconvenience. Long stretches awake, overnight work, and disrupted sleep can reduce alertness and slow reactions. Warning signs can include heavy eyelids, repeated yawning, trouble keeping your attention on the road, missing turns, or not remembering the last few miles. If these show up, do not try to push through with an open window, loud music, or a caffeinated drink. Those measures do not reliably make an impaired driver safe.

If you feel too drowsy to drive, stop somewhere safe and arrange another way home or take a nap in a safe, permitted location before continuing. Never treat your bedtime routine as a substitute for being fit to drive. theweeklydriver.com If you regularly struggle to stay awake while driving or cannot get adequate sleep despite giving yourself the opportunity, talk with a healthcare professional.

Build a Routine Around Your Actual Shift

There is no single bedtime that works for every night-shift driver. Your schedule may change with demand, family responsibilities, or another job. Start by choosing the most consistent sleep window your life allows, including on days off when possible. Big swings between daytime sleep and nighttime sleep can make it harder to settle into a pattern.

Work backward from the time you need to wake up. Most adults need at least seven hours of sleep regularly, though individual needs differ. Add time for falling asleep and any brief wake-ups. If your schedule does not leave enough time for sleep, a soothing routine will not make up the difference; consider whether you can reduce hours, change shift timing, or protect a longer rest period.

Rideshare platforms may set limits on how long drivers can be online and require an off-duty period before driving again. Rules vary by platform, location, and time, and they can change. Check the current driver policy and applicable local rules in the app or official guidance. Do not assume that reaching a platform’s maximum online time means you have had enough rest to drive safely. Take breaks before you are exhausted, and end the shift if you are too tired to continue—even if the app would let you stay online.

A Repeatable Routine: Same Steps, Same Order

Keep the routine simple enough to follow after a demanding shift. The exact clock time can change; the sequence can stay the same. Aim for roughly 30 to 60 minutes from getting home to lights out, adjusting it to fit your needs. If you have only a short window, keep the core steps and skip optional tasks rather than rushing through everything.

1. **Finish the workday.** Park safely, end your shift in the app, and put keys and work items in their usual place. Avoid checking ride requests or work messages once you have decided the shift is over.
2. **Have a small, familiar snack if you are hungry.** Choose something that sits comfortably with you. A very large meal, lots of caffeine, or alcohol close to sleep can interfere with rest for some people. Keep water available, but do not force extra fluids right before bed.
3. **Take a shower routine you can repeat.** A warm shower can be a useful transition and may help you feel settled. Keep it comfortable rather than very hot, and do not treat it as a cure for fatigue or insomnia. Follow it with basic grooming, then change into sleep clothes.
4. **Do a brief body reset.** Walk around your home for a few minutes, then use gentle, pain-free movement for your neck, shoulders, hips, and back. Skip aggressive stretching or anything that causes pain. This is a way to change position after sitting, not a treatment for an injury.
5. **Set up the room.** Make it dark, quiet, and comfortably cool if you can. Use blackout curtains or an eye mask to reduce daylight, and consider earplugs or steady background sound if noise is a problem. Put your phone on Do Not Disturb, allowing only essential contacts through if needed.
6. **Take screen free time.** For the last 20 to 30 minutes, avoid scrolling, work messages, and bright screens when practical. Choose a quiet activity such as reading a paper book, listening to calm audio, or preparing clothes for later. The point is to reduce stimulation and repetition of work—not to believe that one screen-free interval guarantees sleep.
7. **Get into bed when ready to sleep.** Keep the room dark and avoid turning bed into a place for long stretches of work or scrolling. If you are awake and frustrated, get up briefly for a quiet activity in dim light, then return when sleepy.

Do This, Not That

- **Do:** use the same steps in the same order so the routine is easy to remember.
- **Not:** build a 90-minute ritual that becomes another source of pressure when you get home late.
- **Do:** protect a real sleep window and adjust your driving hours if you cannot stay alert.
- **Not:** treat coffee, cold air, music, or a shower as proof that you are safe to drive.
- **Do:** check current platform and local rules for online limits and required breaks.
- **Not:** assume a platform's maximum shift is a healthy target or a substitute for rest.

Make Daytime Sleep More Likely to Work

Sleep during daylight can be interrupted by sun, noise, deliveries, and other people's schedules. You may not be able to control all of those things, but you can make your sleep space more consistent. Dark curtains, a sleep mask, a fan or other steady sound, and a door sign can help reduce avoidable interruptions. Keep the room temperature comfortable, and silence notifications that are not urgent.

Tell people you live with when your protected sleep hours are. If you share a home, agree on quiet periods and a plan for necessary interruptions. Keep a backup option, such as earplugs, in the same spot so you do not have to search for them after work.

Try to keep wake time and sleep timing reasonably stable across workdays. If you need to shift your schedule on days off, avoid swinging it dramatically if that leaves you unable to sleep before your next shift. Some drivers cannot maintain one schedule every day; in that case, choose the most repeatable pattern your responsibilities allow and plan transitions deliberately.

Reduce the Strain of Long Hours Behind the Wheel

A bedtime routine can help you decompress, but it does not undo hours of static posture. Long sitting can leave the hips, lower back, shoulders, and legs feeling stiff. Small adjustments during the shift matter: set the seat so you can reach the pedals without stretching, keep your shoulders relaxed, and position the steering wheel so you are not reaching forward. Adjust mirrors after setting your seat rather than twisting to compensate for a poor setup.

Take breaks when it is safe and practical, and use them to stand and walk briefly rather than staying seated in the parked car. Platform-mandated breaks are a minimum policy requirement, not a reason to postpone a break when your body or attention needs one. Avoid stretching while the vehicle is moving, and do not sacrifice alertness to chase a particular number of rides.



When Simple action Why it helps Before the shift Set the seat, steering wheel, and mirrors; plan likely break points. Reduces avoidable reaching and makes it easier to pause before exhaustion. During a safe break Get out, stand, and walk for a few minutes. Interrupts prolonged sitting and gives you a chance to check how alert you feel. After the shift Use gentle, comfortable movement before bed. Offers a transition out of the driving posture without demanding a workout.

If pain is persistent, worsening, or accompanied by concerning symptoms, seek medical advice instead of trying to solve it with a generic stretch. Ergonomic changes may make driving more comfortable, but they do not guarantee that pain will go away.

CBD, Sleep Products, and Driving: Keep the Rules Clear

This routine does not recommend CBD products, and it does not list CBD products or prices. There is no reason to add a product just to make a bedtime routine feel complete. CBD products can vary, and some may contain THC or be mislabeled; effects and interactions can also differ. Most importantly, do not use CBD, THC, sleep aids, alcohol, or any substance that could impair alertness before driving. Check medication warnings and ask a pharmacist or clinician about possible effects. If you use anything that may leave you impaired, do not get behind the wheel.



Be wary of claims that a product will reliably improve sleep or make you alert. A product's marketing is not proof that it is safe for a driver, and a price tag does not tell you whether it is effective. Keep sleep support and driving decisions separate: if you are not alert enough to drive safely, stop driving.

Keep the Routine Practical

Use a short checklist for a week: shift end, shower routine, gentle movement, room setup, screen free time, bed. Note when you slept and woke, how many interruptions you had, and whether you felt alert during the shift. A simple record can help you spot patterns, such as a noisy room or too little time set aside for sleep. It cannot diagnose a sleep disorder, but it gives you useful information to discuss with a professional if problems continue.

Most important, make the routine serve the sleep opportunity—not replace it. Keep the same steps, in the same order, but allow the schedule to fit your real life. Protect enough time to rest, follow current platform and local rules, take breaks before fatigue builds, and do not drive when drowsy. That is a more reliable plan than trying to find a shortcut after the shift is already over.