

## **Medirooms Shift Patterns**

- LD1 (long day 1) - 07:00-19:30
- LD2 (long day 2)- 08:30-21:00
- Twilight (for Registered Nurses only) 16:30-23:00 or 14:30-23:00 or 12:30-23:00
- RECOVERY Night shifts 19:00-07:30
- MSS (Medirooms Short stay)/MEDIROOM GREEN WARD DAYS- 07:00-19:30
- MSS (Medirooms Short stay)/MEDIROOM GREEN WARD nights- 19:00-07:30

### **BREAKS**

- For long days: 1 hour in total. We advise 15 minutes breakfast break, 30 minutes lunch break and 15 minutes afternoon break.
- For early, late, twilight, and 10.5 hour-shift patterns: 30 mins break in total. Can be divided into two 15 minutes or can be taken all at once.
- For night shifts- 1 hour in total.