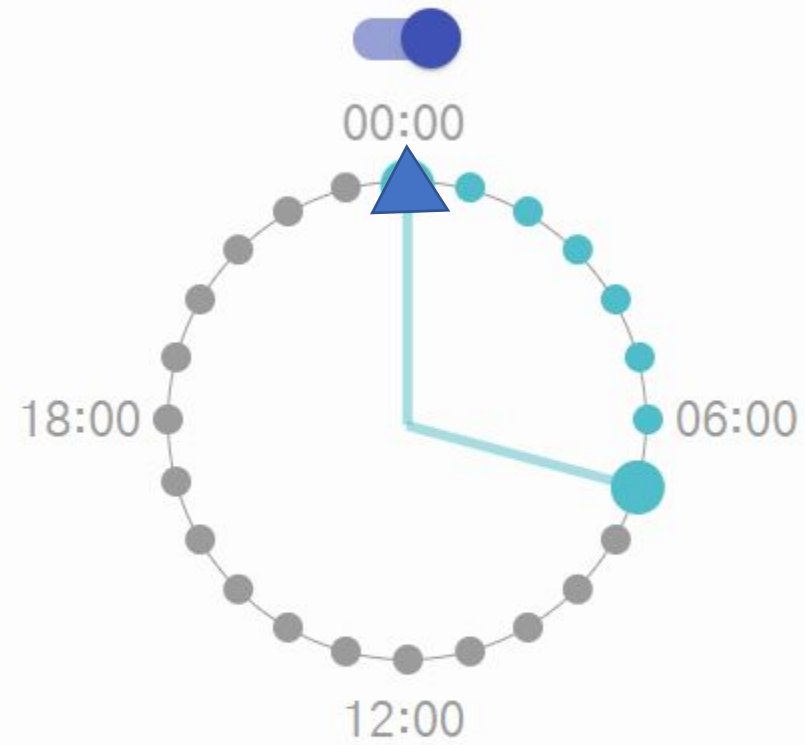


Consultant Testing

Please look into the Appointment button
after shift worker finish the appointment

Prateek made two appointments, as the button was available after
placing the 1st appointment



Empfohlene Schlafenszeit



Morning shift



Evening shift



Night shift



Best working time



Suggested Shift time



Suggested sleep time



Suggested light time



Suggested coffee time



Suggested time to not drink alcohol

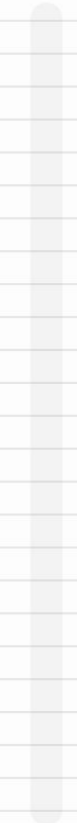
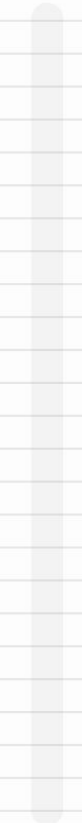
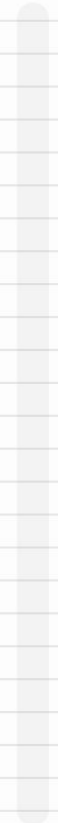
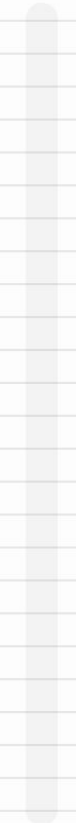
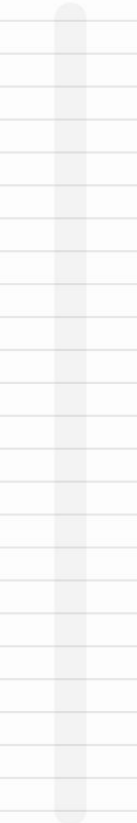
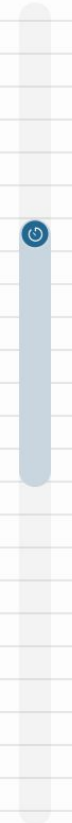
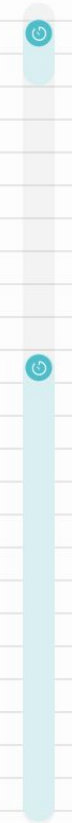


Suggested meal time



Suggested time to not use TV/Laptop/Mobile

07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00
23:00
00:00
01:00
02:00
03:00
04:00
05:00
06:00
07:00



6.00 AM

6.00 AM

Add comments

WHO – Wohlbefindens-Index

21

Epworth Sleepiness Scale

8

Arbeitstage in den letzten 2 Wochen für feststehende Schicht

Letzte Woche

M	D	M	D	F	S	S
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vorletzte Woche

M	D	M	D	F	S	S
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

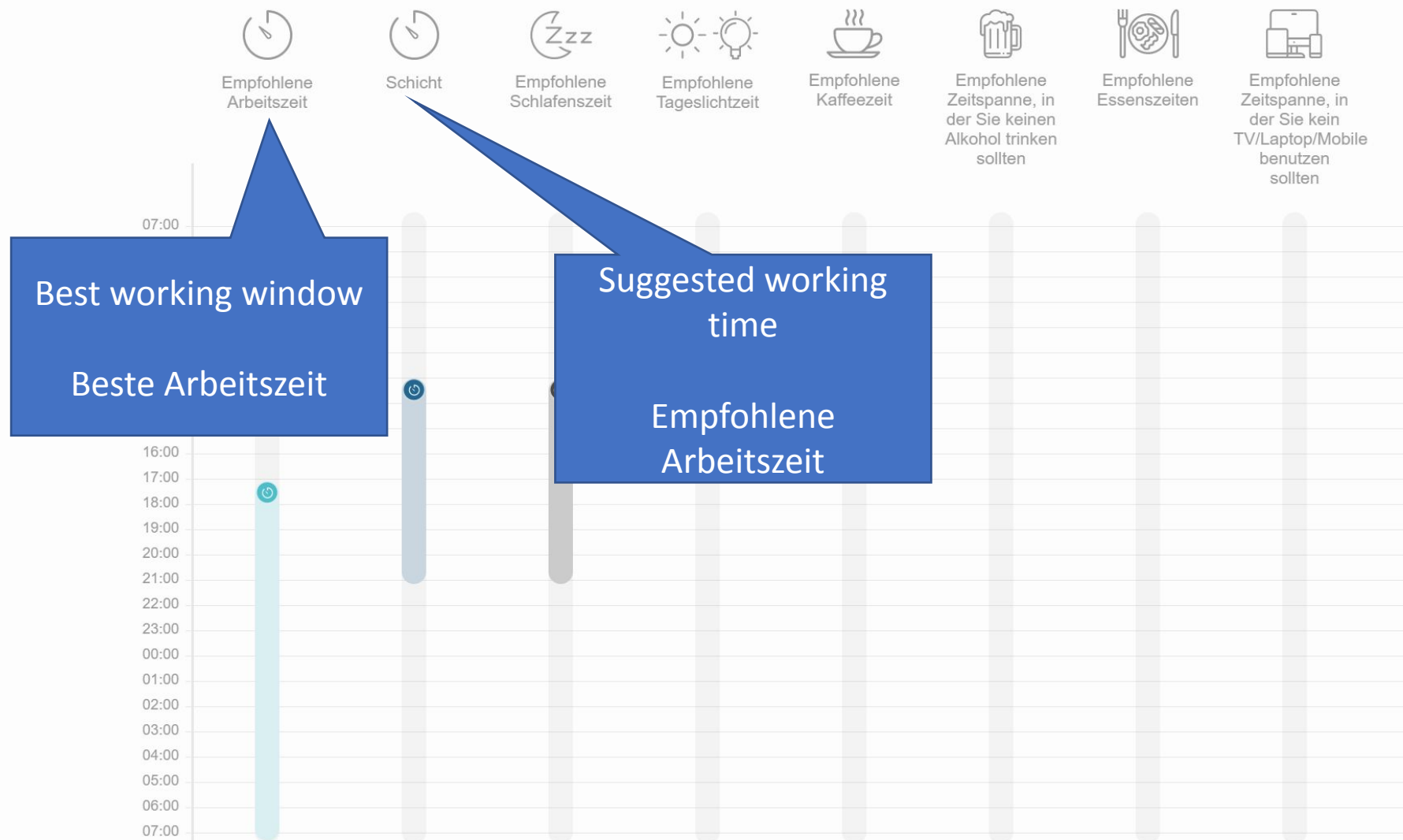
Nachtschicht (21:00 – 06:00)

Spätschicht (13:00 – 22:00)

Frühschicht (06:00 – 14:00)

Fragebogen ansehen

Hier sind einige Empfehlungen unserer Experten, die Sie zwischen zwei Frühschichten befolgen können, um Ihre Schlafqualität zu verbessern



E-Mail senden

Möchten Sie Ihre Testergebnisse mit Ihrer Organisation teilen?



Nur das produktive Zeitfenster wird mit Ihrer Organisation geteilt. Der Rest Ihrer Daten ist bei uns sicher.

Nein

Suggested working
time

Empfohlene
Arbeitszeit

Ihr Ergebnis

your employer
Ihrem Arbeitgeber

your employer
Ihrem Arbeitgeber



Best working window



Suggested Shift time

Remove

Show best working window

00:00 07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00 22:00 23:00 00:00 01:00 02:00 03:00 04:00 05:00 06:00

Mahalwar Prateek

B10C6

D87C6

2CA3E

1487A

F692A

44EE1

9457C

5DF6E

2AEF2

Suggested working time

Three different blue shades & light boundary . Not colors

Sync to shift timings