# Rota Pattern: Twilight and Night Worker Roles, Farnworth

## Twilight

Continuous fixed rota pattern 4 days on followed by 4 days off

|  |  |
| --- | --- |
| Day | Hours |
| Day 1 | 4:00pm – 9:00pm |
| Day 2 | 4:00pm – 9:00pm |
| Day 3 | 4:00pm – 9:00pm |
| Day 4 | 4:00pm – 9:00pm |
| Day 5 | Off |
| Day 6 | Off |
| Day 7 | Off |
| Day 8 | Off |

*Pattern repeats*

## Night Worker

Continuous fixed rota pattern 4 days on followed by 4 days off

|  |  |  |
| --- | --- | --- |
| Day | Total Working hours | Sleep Shift |
| Day 1 | 6:00pm/7:00pm – 12:00am (midnight) | 12:00am (midnight) – 7:30am/8:30am |
| Day 2 | 6:00pm/7:00pm – 12:00am (midnight) | 12:00am (midnight) – 7:30am/8:30am |
| Day 3 | Off |  |
| Day 4 | Off |  |
| Day 5 | Off |  |
| Day 6 | Off |  |
| Day 7 | Off |  |
| Day 8 | Off |  |

*Pattern repeats*