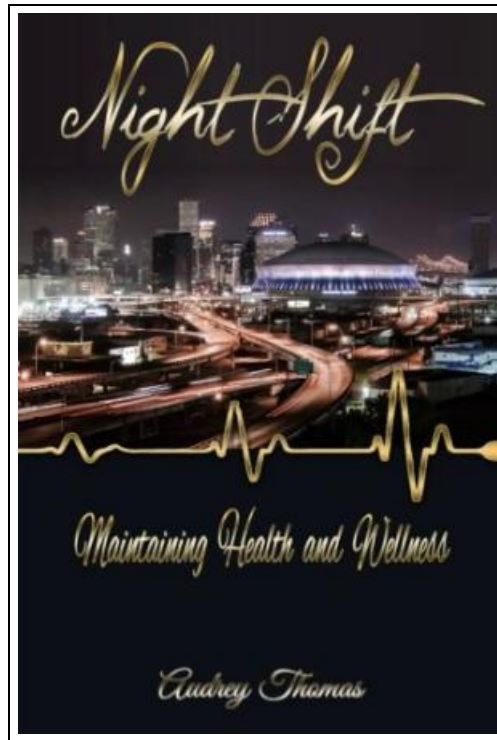


Night Shift: Maintaining Health and Wellness



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Reviews

It is fantastic and great. It is written in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book I have got read through during my individual life and might be the finest publication for ever.
(Prof. Murl Shanahan DDS)

NIGHT SHIFT: MAINTAINING HEALTH AND WELLNESS



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Audrey F. Thomas. Paperback. Condition: New. 98 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is informative, thought-provoking, interactive, and encourages the reader to evaluate his or her bodily response to working night shift. Working at night alters the night shift workers sleepwake cycle. Alterations in the sleepwake cycle expose the shift worker to risks such as restlessness, irritability, insomnia, weight gain, fatigue, and over time- sleep deprivation. Chronic sleep deprivation can lead to forgetfulness and other cognitive changes, development of diabetes and/or problems with digestion, a diminished ability to fight off infections, and is a probable risk factor in the development of cancer. Although, this book is written from a night-shift biographical perspective the reader is encouraged to individualize the strategies and tools to maintain their own health and wellness. Forewarned is forearmed and knowledge is power to effect a change for a better life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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