

Thriving on Shift Work

A practical guide for nurses, factory workers, drivers, security staff and everyone working nights, early starts or rotating shifts: better sleep, smart eating, energy, family life, safety and long-term health.

E-BOOK • US LETTER

- Sleep better after nights and early shifts
- Food, energy and safe commuting
- Shift planner, sleep log and meal plans

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This e-book offers general information for shift workers. It is not medical advice. If you have persistent sleep problems, extreme sleepiness, health complaints or use medication, talk to your doctor or occupational health service. Working-time rules and rights for night workers differ by country and employer; check your contract and local regulations.

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