



Night Shift Nursing: Savvy Solutions for a Healthy Lifestyle

Katherine Pakieser-Reed, PhD, RN

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While working the night shift has numerous advantages, nurses who work it on a regular basis are at higher risk for health problems, including sleep disorders, weight gain, depression, and cardiovascular disease. Plus, working the night shift can cause social and professional isolation. Considering this very real situation, how can nurses and employers find effective and necessary solutions for maintaining 24-hour health care that's healthy for all?

Night Shift Nursing provides useful tips and practical tools that show nurses how to make the night shift work for them. From choosing energizing fitness routines and nutritious food options to reconstructing sleep patterns and balancing family and personal relationships, this book can help any nurse love the night shift. there is even a section for employers on creating healthy work environments for night shifters.

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