

Commonly Reported Physical Outcomes Include Chronic Fatigue, Sleep Disturbances, 1/1 Musculoskeletal Pain, Gastrointestinal Problems, Nurses Can Adopt Counter Measures Such As Power Napping, Eliminating Overtime on 12 – Hour Shifts, and Completing Challenge Tasks Before 4 AM to Reduce Patient Care Error in Modern Health Systems, Night Shift Work Has Become An Essential and Unavoidable Component of Clinical Service Delivery. Nurses, as the backbone of Hospital Services, Are Among Numerous Studies Across Different Regions of the World Have Identified Night Shift Work As A Major Occupational Stressor that Contributes to Both Physical Health Profiles and Psychological Distress (Kecklund & Axelsson, 2016). This Type of Shift Work Disrupts The Body's Circadian Rhythm, Affecting Hormonal Regulation, Sleep – Wake Cycles, and Overall Physiological Homeostasis (Costa, 2010). Physiology Effects Include Changes in Rhythms of Core Temperature, Various Hormonal Levels, Immune Functioning, Activity – Rest Cycles. Nurses Working Various Shifts Can Improve Shift – Work Tolerance when they undertake and adopt Counter Measures to Reduce the Feelings of Jet Lag. Modifying External Factors Such As the Direction of the Rotation Pattern, The Number of Consecutive Night Shifts Worked, and Food and Beverage Intake Patterns Can Help to Reduce the Negative Health Effects of Shift Work. By learning How to Adjust Internal Rhythms to the Same Phase as working time, nurses can improve daytime sleep and family functioning and reduce sleepiness and work – Related Errors. Night Shifts Typically Defined as Work Hours Between 11:00 PM and 7:00 AM – Place Healthcare Professionals in a position of working Against their biological clocks. The Disruption Offers in Problems Such As Sleep Disturbances, Increased Accidents and Injuries, and Social Isolation. Adaptivity to Shift Work is promoted by retraining of the internally regulated functions and Adjustment of Activity – Rest and Social Patterns. 1/1 Background of the Study: Shift Work Generally is Defined as Work Hours that are Scheduled Outside of Daylight. Shift Work Disrupts the Synchronous Relationship Between The Body's Internal Clock and the Environment. (Kecklund & Axelsson ? 2016). (Costa ? 2010). ????????

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