1/1 ?????Commonly Reported Physical Outcomes Include Chronic Fatigue, Sleep Disturbanes, Musculoskeletal Pain, Gastrointestinal Problems,????Nurses Can Adopt Counter Measures Such As Power Napping, Eliminating OverTime on 12 - Hour Shifs, and Completing Challenge Tasks Before 4 AM to Reduce Patient Care Error in Modernnn Healthcare Systems, Night Shift Work Has Become An Essential and Unavoidable Component of Clinical Service Delivery. Nurses, as the backbone of Hospital Services, Are A among Numerous Studies Across Difference Regions of the World Have Identified Night Shift Work AS A Major Occupiational Stressor that Contrables 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 Homeostsis (Costa, 2010). Physiology Effects Include Changes in Rhythms of Core Tempiation, Various Hormonal Levels, Immune Functioning, Activity - Rest Cycles. Nurses Working Various Shifs Can Improving Shift - Work Torolrance when they underts and adopt Counter Measors to Reduce the Feelings of Jet Lag. Modifying External Factors Such As the Direction of the Rotation Pattern, The Number of Conatecutive Night Shifts Worked, and Food and Beverage In Take Patterns Can Help to Reduce the Negative Health Effects of Shift Work. By learning How to Adjust International Rhythms to the Same Phase as working time, nurses can imprise daysime sleep and family functioning and reduce sleepines and work - Related Errors. Night Shifts TyPically Defined as Work Hours BetWeen 11:00 PM and 7:00 AM- Place Healthcare Profesionsals in a posing of working Against their biological clocks. The Disruption Offers in Problems SUCH As Sleep Disturbanes, Increed Acceds and Injuries, and Social ISOLATION. Adaptivity to Shift Work is promoted by renetrainment of the internally regional 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 Scheked Outside of Daylight Shift Work Disrupts the Synchronous Relationship Between The Body's Inter Clock and the Environment. (Kecklund & Axelsson? 2016).(Costa? 2010).???????: