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Shift Work Sleep Disorder Information

Information regarding shift work [sleep disorder](#).

Welcome to Shift Work

[Sleep Disorder](#)

Information! Our mission is to provide you with accurate information and data regarding Shift Work Sleep Disorder, related clinical trials, possible FDA Approval of treatments, their results and [side effects](#), and much more! We aim to make this your hub for all information related to Shift Work Sleep Disorder.

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What is Shift Work Sleep Disorder?



What is Shift Work Sleep Disorder? (Also known as SWSD.)

Shift Work Sleep Disorder is a human medical disorder that generally affects working individuals who rotate their shifts, or tend to work during the nighttime hours. The problem with these schedules is that they conflict with the human body's natural Circadian rhythms. Individuals find themselves experiencing difficulty with matching the variety of schedules posed by shift work.

Shift Work Sleep Disorder is, essentially, a regular interruption of sleep which has the ability to impose insomnia or fatigue in individuals suffering from the [condition](#). The most commonly affected group of [people find](#) themselves working less-traditional hours, such as the shifts that fall between ten at night and six in the morning.

What are the symptoms of Shift Work Sleep Disorder?

The two prime symptoms exhibited by individuals suffering from Shift Work Sleep Disorder are a notable inability to sleep and a high level of fatigue and sleepiness.

The most common symptoms of SWSD are insomnia and excessive sleepiness. However, there are other symptoms that may be observed, such as an inability to concentrate, headaches, and a general lack of energy and motivation.

It is important to take notice to the fact that not every shift worker will experience Shift Work Sleep Disorder. However, if you do tend to work a variety of rotating or night shifts, and you are experiencing any of the above-referenced conditions, you are advised to speak with a qualified medical professional to evaluate your specific situation.

What are the consequences posed by Shift Work Sleep Disorder?

Individuals who have Shift Work Sleep Disorder are likely to experience a higher chance of being involved in an accident and/or other work-place related errors and adverse situations. SWSD sufferers also are forced to take a much higher number of days off from work and school to cope with their fatigue and insomnia. Furthermore, they are at a higher risk of being irritable (angry, moody, frustrated, etc.) and may have mood swings at random intervals without warning.

How can I treat Shift Work Sleep Disorder?

If you are a shift worker you must realize the importance of making sleep a nightly priority, rather than the usual mindset of it being a mere inconvenience. If you're working shifts that stray from the natural nine to five, you run the risk of having to try sleeping even while it's not dark outside. It is critical that you prepare for sleep both physically and mentally and make an effort to minimize exposure to sunlight, which will automatically set off your internal clock, tricking your body into thinking it's morning. Develop a ritual that prepares you for sleeping and stick to the most regular schedule you can manage – even during

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your time off. Ensure you are getting seven to eight hours of sleep each and every day.

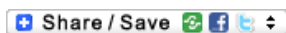
Let [your friends](#) and family know about your efforts and ask them to support your efforts by creating a quiet and tranquil environment. If you're in the audio proximity of others, ask them to adjust the volume of their music, movies, or television appropriately, or to even take things a step further and utilize headphones. Ask your family members and roommates to refrain from engaging in noisy activities, such as cleaning the house, while you are trying to sleep at night.

How can I decrease the effects of Shift Work Sleep Disorder?

Start by trying to reduce the number of nights on which you work a night shift. Studies show that those working night shift are more likely to suffer from sleep deprivation. You can recover from this lack of sleep if you work night shift to five days or less, with time off in between. Whenever you are scheduled for a twelve hour shift, ensure that you never do more than 4 in succession. If you've worked a few of these in a row, request two days off whenever feasible.

Extended work hours and an exorbitant level of overtime can quickly burn you out and keep you from participating in, and enjoying, time with your friends and family. You should also be wary of a significant [distance between](#) you and your place of employment, as lengthy commutes eat up your day, and your available time for sleeping may be adversely affected.

Stay away from any shifts that will frequently rotate. Sleep well whenever you have time off. Develop a regular schedule and pre-sleep routine. Also refrain from ingesting nicotine, [alcohol](#), and [caffeine](#) products. If you are currently deprived of sleep, do not take a night shift under any circumstances.



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