

Shift Work Affect on Sleep Pattern and Social Well Being of Workers: Brief Note

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DESCRIPTION

Working unusual shifts might cause a condition known as Shift Work Sleep Disorder (SWSD) (i.e. other than the typical 9 am to 5 pm schedule). People with SWSD typically complain of difficulty falling asleep, excessive drowsiness, and weariness, which interfere with general functioning. As patients should be able to reach them 24 hours a day, most health care workers operate on a shift schedule. The term "shift work" was first coined by Costa and is defined as "A manner of structuring daily working hours in which different persons or teams work in succession to cover more than the standard 8-hour day, up to the complete 24 hours." Those who work shifts are under stress, which negatively affects their health, wellbeing, and way of life.

Additionally, the shift system worsens natural human circadian rhythm, sleep quality, and leads to even more widespread sleep and health issues, including neck and back pain, fatigue, depression, and emotional disorders. Additionally, nurses who work rotating shifts have a higher risk of cardiovascular diseases than those who work non-rotating shifts. Sleeping during the day reduces sleep duration and quality in part because of the Rapid Eye Movement (REM) phase. Those who are stressed are more likely to develop depression, somatic complaints, sleep issues, and burnout, all of which jeopardise the standard of medical care they offer. Overtiredness also impairs focus and raises the likelihood of mistakes and accidents. Lack of sleep also reduces situational awareness, problem-solving ability, and vigilance, endangering patient safety even more. Shift employment, which disrupts circadian rhythms, is likely carcinogenic to humans and has been linked to a range of chronic disorders, including metabolic syndrome, diabetes, and cardiovascular disease. Another significant issue for shift-working medical professionals is burnout. Reduced sleep quality is

thought to make nurses more susceptible to burnout. Burnout is described by the three elements of emotional weariness, depersonalization, and decreased personal accomplishment and is a psychological reaction to ongoing interpersonal and emotional pressures at work. Burnout raises costs for everyone involved, including patients, medical staff, and the health system. Particularly, nurses working a rotating shift were at greater risk. The hospital administrations adopt several key safety measures, one of which is to consider the chronotypes of the staff while creating shift schedules. The administration's safeguards would probably enhance both the safety of the patients and the general well-being of the nurses.

The need for 24/7 services is being met by an expanding number of U.S. enterprises in today's competitive economy. These nonstop operations are necessary to keep a foothold in a global market where interactions with customers, suppliers, and co-workers can take place across different time zones. As a result, the typical 9-to-5 workday is no longer applicable to many men and women. They can work a fixed shift pattern that alternates between regular day shifts, evening shifts, and night shifts, or they can clock in at midnight and depart at 8 in the morning. Working irregular shifts or late hours can be linked to interrupted or insufficient sleep because our body clocks are normally programmed for a regimen of daytime activities and nocturnal sleep. In turn, immune system dysfunction, diabetes, cardiovascular disease, and other chronic health issues are linked to risks for drowsiness, exhaustion, and circadian rhythm disturbance from inadequate or disturbed sleep. Understanding who may be at risk of unintended job-related effects and why is more crucial as irregular schedules grow more prevalent. Employers, employees, and practitioners can better design useful, efficient treatments using this knowledge.

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