

References

- 1) National Institute of General Medical Sciences. National Institute of General Medical Sciences (NIGMS). <https://www.nigms.nih.gov/education/fact-sheets/Pages/circadian-rhythms.aspx>
- 2) IARC Monographs Volume 124: Night Shift Work. <https://www.iarc.who.int/news-events/iarc-monographs-volume-124-night-shift-work/>
- 3) Ferri P, Guadi M, Marcheselli L, Balduzzi S, Magnani D, Di Lorenzo R. The impact of shift work on the psychological and physical health of nurses in a general hospital: a comparison between rotating night shifts and day shifts. *Risk Management and Healthcare Policy*. 2016;Volume 9:203-211. doi:10.2147/rmhp.s115326
- 4) Eugene AR, Masiak J. The Neuroprotective Aspects of Sleep. *MEDtube Sci*. 2015;3(1):35-40.
- 5) Saghir Z, Syeda JN, Muhammad AS, Balla Abdalla TH. The Amygdala, Sleep Debt, Sleep Deprivation, and the Emotion of Anger: A Possible Connection?. *Cureus*. 2018;10(7):e2912. Published 2018 Jul 2. doi:10.7759/cureus.2912
- 6) Ausenco. Fact | 17 hours awake is equivalent to a blood alcohol content of 0.05 | Ausenco - Ausenco English. Ausenco English. Published May 17, 2020. <https://ausenco.com/insights/did-you-know-that-17-hours-awake-is-equivalent-to-a-blood-alcohol-content-of-0-05/#:~:text=If%20your%20sleepless%20hours%20add.and%20severely%20impairs%20mental%20judgment>
- 7) Patel AK. Physiology, sleep stages. StatPearls - NCBI Bookshelf. Published September 7, 2022. <https://www.ncbi.nlm.nih.gov/books/NBK526132/>
- 8) Harvard Health. Blue light has a dark side. Harvard Health. Published July 7, 2020. <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>
- 9) Does the Color of Light Help You with Sleep? A Guide to LED Colors that Help You Sleep Better. BenQ. <https://www.benq.com/en-us/knowledge-center/knowledge/what-led-color-helps-you-sleep.html#:~:text=Science%20holds%20the%20answer!,light%20spectrum%20stimulate%20melatonin%20production>
- 10) The National Institute for Occupational Safety and Health. Light. Centers for Disease Control and Prevention. Published March 31, 2020. Accessed January 23, 2024. <https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod9/03.html>
- 11) Crooks L. Simple strategies for surviving the night shift. *Critical Care Nursing Quarterly*. 2017;40(2):155-161. doi:10.1097/cnq.0000000000000152
- 12) Chang WP, Peng YX. Differences between fixed day shift workers and rotating shift workers in gastrointestinal problems: a systematic review and meta-analysis. *Ind Health*. 2021;59(2):66-77. doi:10.2486/indhealth.2020-0153
- 13) Wells AS, Read NW, Uvnas-Moberg K, Alster P. Influences of fat and carbohydrate on postprandial sleepiness, mood, and hormones. *Physiol Behav*. 1997;61(5):679-686. doi:10.1016/s0031-9384(96)00519-7
- 14) Atkinson G, Fullick S, Grindey C, Maclaren D. Exercise, energy balance and the shift worker. *Sports Med*. 2008;38(8):671-685. doi:10.2165/00007256-200838080-00005
- 15) Surviving the night shift. <https://www.hospitalhealth.com.au/content/aged-allied-health/article/surviving-the-night-shift-553164762>
- 16) Atkinson G, Fullick S, Grindey C, Maclaren D. Exercise, energy balance and the shift worker. *Sports Med*. 2008;38(8):671-685. doi:10.2165/00007256-200838080-00005
- 17) Benefits of physical activity. Centers for Disease Control and Prevention. Published August 1, 2023. <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Being%20physically%20active%20can%20improve,activity%20gain%20some%20health%20benefits.>

- 18) Public Health Agency of Canada. Physical Activity Tips for Adults (18-64 years). Canada.ca. Published October 1, 2018.
<https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-adults-18-64-years.html>
- 19) National Academies Press (US). Pharmacology of caffeine. Caffeine for the Sustainment of Mental Task Performance - NCBI Bookshelf. Published 2001.
<https://www.ncbi.nlm.nih.gov/books/NBK223808/#:~:text=The%20mean%20half%2Dlife%20of,et%20al.%2C%201989>
- 20) Savic M, Ogeil RP, Sechtig MJ, Lee-Tobin P, Ferguson N, Lubman DI. How Do Nurses Cope with Shift Work? A Qualitative Analysis of Open-Ended Responses from a Survey of Nurses. Int J Environ Res Public Health. 2019;16(20):3821. Published 2019 Oct 10. doi:10.3390/ijerph16203821
- 21) Pacheco D, Pacheco D. Alcohol and sleep. Sleep Foundation. Published January 5, 2024.
<https://www.sleepfoundation.org/nutrition/alcohol-and-sleep#:~:text=Since%20alcohol%20can%20reduce%20REM,View%20Source%20the%20following%20day>
- 22) AsapSCIENCE. How marijuana completely changes your sleep. YouTube. Published online October 11, 2023. <https://www.youtube.com/watch?v=3PnXsPsdncE>
- 23) CAREX Canada. Night shift work - Occupational Exposures - CAREX Canada. CAREX Canada. Published August 18, 2021. <https://www.carexcanada.ca/profile/shiftwork-occupational-exposures/>