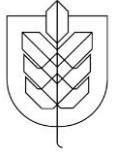


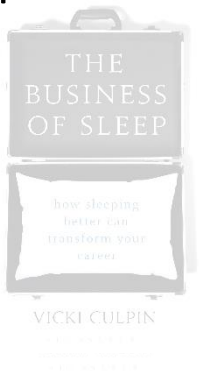
# The Wake Up Call – What Now?

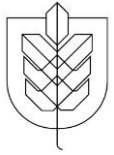
Vicki Culpin



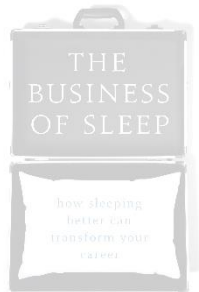
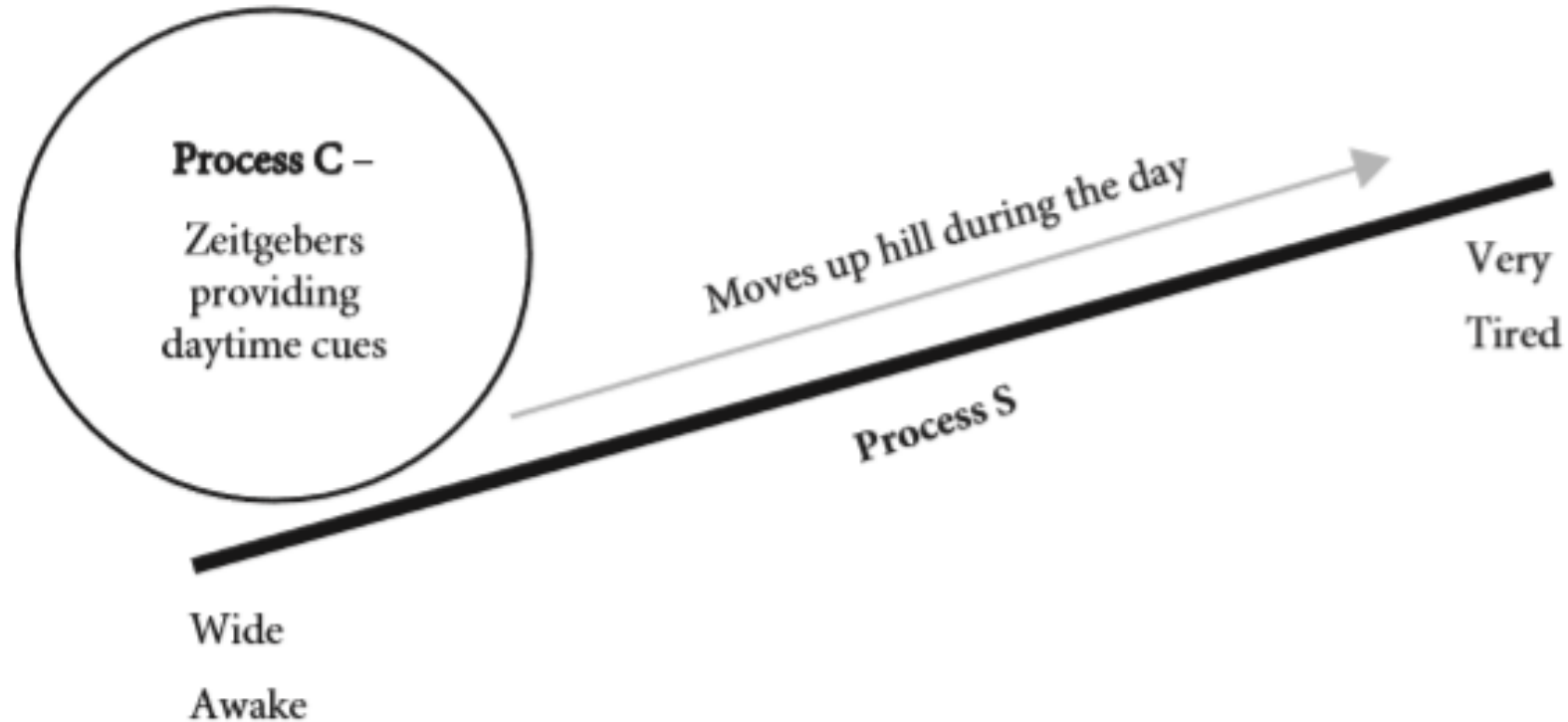
# Shift Work

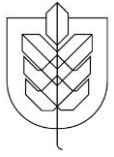
- The World Health Organisation classified shiftwork, *where naturally occurring sleep rhythms are affected*, as potentially carcinogenic
  - In the same category (2A) as nitrogen mustard, anabolic steroids and occupational exposure to petroleum refining
- Large study of nurses found a 36% increase in breast cancer in those working shifts
- Study of Danish women aged between 30-54 years found that those who worked at night for at least 6 months had a 50% increased risk of breast cancer (even after controlling for other risk factors)



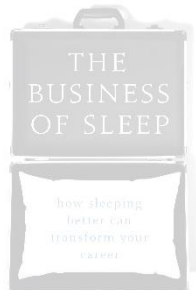
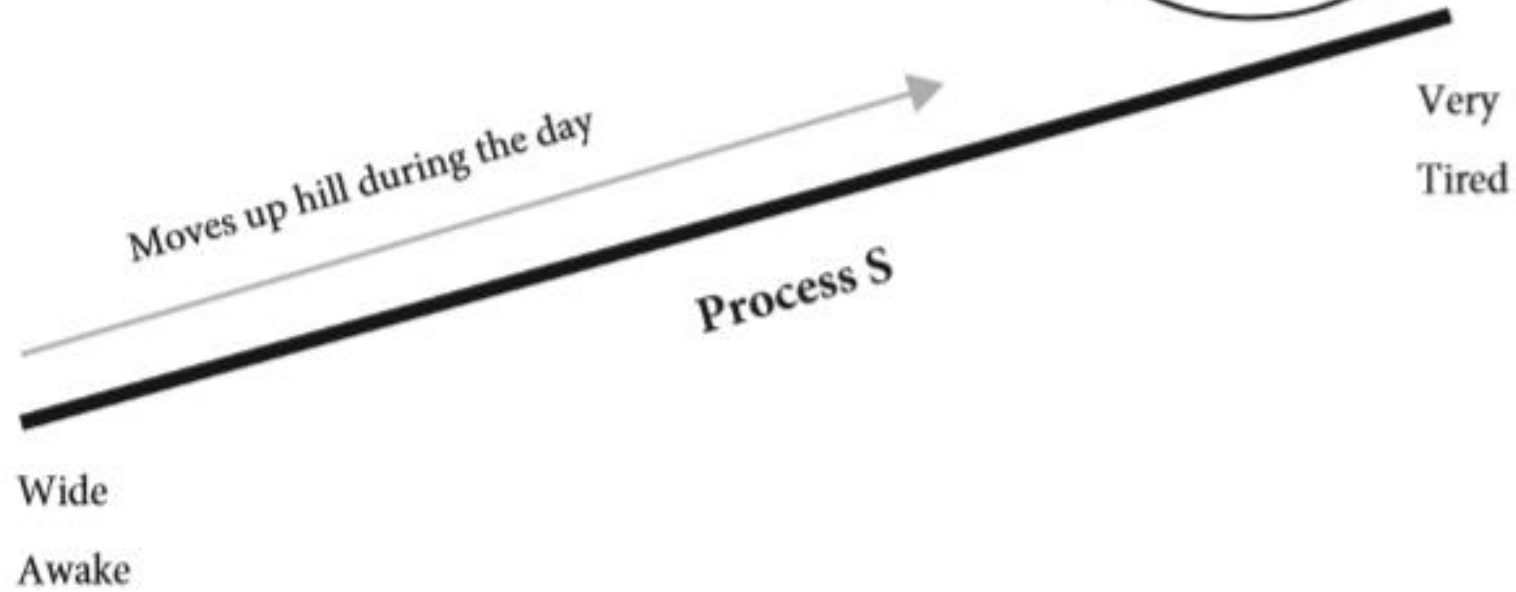
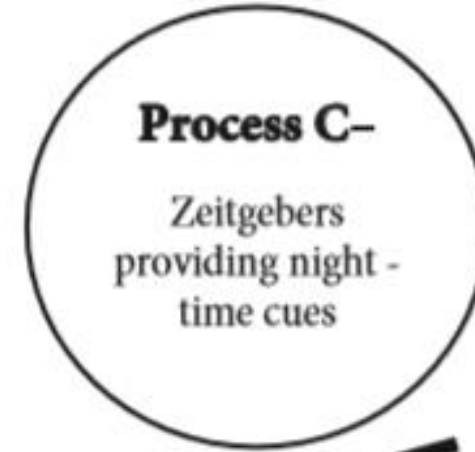


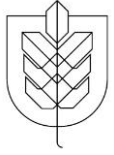
# Daytime





# Night time

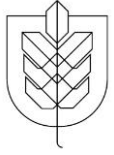




# The Effects

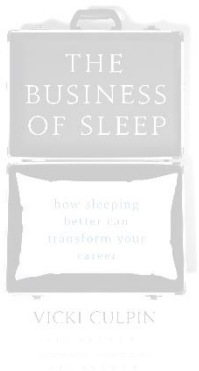
- 40% increased risk of cardiovascular disease due to disrupted circadian rhythms, disturbed social patterns and social support, stress, smoking, poor diet and lack of exercise
- 1.5 times higher risk of developing metabolic syndrome (after controlling for age and physical activity)
- Approximately 47.2% of shift workers are overweight and 2.8% are obese
- A longer exposure to shift work predicts a higher BMI
- 22% of rotating shift workers had a road accident citing sleepiness as a cause compared with 7% of day workers
- Working a night shift increases on-site accidents by 50%
- Shift work increases the risk of marital separation by 7-11%

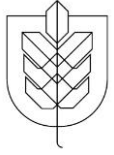




# To Consider

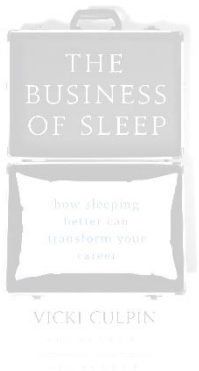
- Individual Differences
  - Age
  - Chronotype
  - Shift Work Sleep Disorder
- Napping
- Choice
- Light Exposure
- Direction and Speed of Rotation

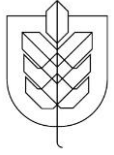




# Organisational Structure and Culture

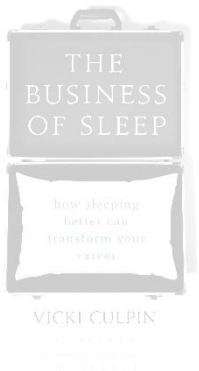
- Long working hours
- Shift work
- Lack of adequate breaks
  
- Lack of awareness and education
- Speaking truth to power
- Sleeplessness as ‘badge of honour’ or ‘right of passage’



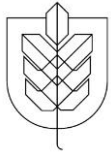


# As an Educator.....

- What can you do immediately?
- What can you do to plan for a medium term implementation
  - What resources will you need?
  - Who do you need to influence/ask for help?
- What should you consider as a long term strategic goal?
  - What needs to happen?
  - What/who are the potential blockers?
  - What is the risk of doing nothing?
- For each question, rate out of 10 your commitment to action - What would it take to get you to 10?





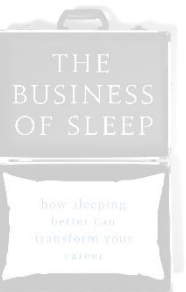


# THE BUSINESS OF SLEEP

how sleeping  
better can  
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