



Health Effects and Management of Shift Work

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Message from the Guest Editors

Modern society is a 24/7 society, and many people work shifts. Shift work induces circadian rhythm disruption, causing a variety of health problems: sleep disorders, cardiovascular diseases, cancers, gastrointestinal disorders, mental health problems, and so on. The best method to prevent the health hazards caused by shift work is to avoid shift work. However, firefighters and police officers are forced to work shifts to prepare for fires and accidents, hospitals should be open 24 hours for emergent patients, and some workers are engaged with shift work to do their jobs. It is impossible to avoid shift work, so it is very important to prevent health hazards for shift workers and improve their health. We recommend that that shift work is optimized for the workers and suggest proper management methods to prevent health hazards caused by shift work. This Special Issue emphasizes the health effects of shift work and discusses and shares the management methods of shift workers.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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