

# Understanding Adult Sleep

PART 6

IMPACT OF SHIFT  
WORK ON SLEEP



## Understanding Adult Sleep

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### The module covers

- What is shift work?
- Problems with shift work
- The health implications
- Strategies to implement

**Shift work is harmful to sleep. The body's internal clock is designed to be active in the day and asleep at night and the damaging effects on health are well known.**

**Professor Jason Ellis explores the problems with shift work, the effect it has on sleep as well as on physical and mental health and how to manage sleep and fatigue.**

Materials are delivered entirely online through our online training hub. You will need to allow approximately one hour to complete the training. A downloadable workbook is provided.



### COURSE COSTS

Course licences: **£40/licence**

**Buy all eight modules for £240**  
(saving £80)

This course is part of an 8 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing, sleep and mental health, impact of shift work, stress and sleep and sleep disorders.

**To book your place or for more information on our courses, please contact us on [training@thesleepcharity.org.uk](mailto:training@thesleepcharity.org.uk) or visit [thesleepcharity.org.uk](https://thesleepcharity.org.uk)**



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