

Making a living should not take the life out of you

You May Have Shift Work Disorder if:

You work a shift that involves a nonconventional sleep-wake schedule and have **excessive sleepiness** and/or **insomnia** for ≥ 1 month.



Management of Shift Work Disorder can result in improved health and reduced risks for:

- Excessive sleepiness
- Insomnia
- Mood disturbance¹
- Impaired work performance²
- Poor concentration
- Low energy level
- Strained personal relationships
- Safety issues: drowsy driving, accidents, errors^{1,3,4}

And **LOWER** your risks for:

- Gastrointestinal problems^{1,5}
- Heart disease¹
- Stroke⁶
- Cardiovascular and metabolic dysfunction^{7,8}
- Overweight/obesity⁹
- Cancer¹⁰⁻¹²

Ask your clinician about steps you can take to improve your health, functioning, and safety – at work, at home, and on the road.

Improve your quality of life. Manage your Shift Work Disorder.

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