

VU Research Portal

Shift work

Loef, B.

2020

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Loef, B. (2020). *Shift work: Health, lifestyle, and immunological effects*.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

Shift work: Health, lifestyle, and immunological effects



Nachtingang



Bette Loef

Healthcare workers take care of their patients 24 hours a day, 7 days a week. However, engaging in shift work leads to the disruption of the natural circadian rhythm of these workers, which may cause psychosocial, behavioral, and physiological alterations. Working around the clock may thus interfere with shift workers' own health and well-being. In order to develop strategies to prevent negative health effects of shift work, insight is needed into the impact of shift work on health problems such as overweight and infectious diseases, and especially into the mechanisms underlying these health effects. Therefore, the aim of this thesis was to study the effects of shift work on body weight gain and infection susceptibility. The second aim was to examine the mechanistic role of sleep, physical activity, diet, and immunological factors in the relation between shift work and health.

