

# A. T. Polgar

## **Coping With Shift Work**

Inadequate sleep is at the source of many errors, misjudgements, accidents, and deaths. It is a truly an odd feature of our society that short sleepers are idolized. We hold in high esteem alleged short sleepers such as Napoleon, Winston Churchill, J. F. Kennedy, Salvador Dali, and Leonardo da Vinci. When examined the facts about their sleep patterns prove otherwise. They did not, nor does anyone function with predictable competence without good and adequate sleep. Most at risk are those who work shifts.

This workshop, with the aid of a hand book, advocates and describes in great detail a proactive approach to diminishing the negative consequences of shift work. The information that is provided covers the basic and essential strategies with which sleep disturbance, caused by afternoon and night shifts, can be remedied.

The material of this presentation is discussed in the context of professional responsibility to take proactive measures to ensure optimum on the job performance.

By applying the strategies in the six key areas, shift workers consistently have reported significant improvements in the quality of both their work and non work lives.

