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Titolo	Night-shift nursing [[electronic resource] ] : savvy solutions for a healthy lifestyle // Katherine Pakieser-Reed ; [principal editor, Carla Hall]
Pubbl/distr/stampa	Indianapolis, : Sigma Theta Tau International, c2013
ISBN	1-937554-69-4
Descrizione fisica	1 online resource (190 p.)
Altri autori (Persone)	HallCarla
Disciplina	362.17/3068
Soggetti	Nurses - Health and hygiene Physical fitness Night work Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Advantages, challenges, and risks of night work -- Night shift, fatigue, and sleep -- Health issues and prevention -- Healthful eating -- Exercise benefits -- Work/life balance -- Keeping your career on track.