

sleep

quiet environment

calorie
intake

classmate

Date _____

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With rapid globalization, the trend of working in shifts, which suits to the timing of other countries, have increased. This is prominent in low cost labour countries such as India and China. We will discuss about various problems these workers face along with its possible solutions.

One of the most dreadful problems these workers face is the lack of sleep. Usually, due to the disturbance in morning environment, these workers can't have sound sleep. Lack of sleep can have detrimental impact of their daily mood and health. In severe cases, they may not be able to concentrate on any other tasks during non-working hours. Another major problem night shift workers face is the uneven distribution of their calorie intake. The long gap between meals can affect their digestive system. In long term, this may even lead them to have chronic diseases such as diabetes.

The best possible solutions are living in a peaceful environment and strict monitoring of their diet. Living in peaceful environment will help them sleep for longer hours during the day time which will not hamper their sleep. Adding to this, strictly monitoring the diet will help them consume

required calories at all times. This would help to keep their bodies active.

In conclusion, night shifts can cause detrimental impacts on health on an individual. Such impacts can be avoided with control on diet and peaceful living environment.