



## 21 Tips for Beating Fatigue and Improving Your Health, Happiness and Safety (Paperback)

By Dr James C Miller

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you feel tired? Worn out? Do you need more sleep? You don t have to feel miserable when you understand how to take care of yourself! Even if you work long hours, night shifts or juggle long and sporadic work and family schedules, you can use Dr. Miller s insights to improve your health, feel happier at work and keep yourself safe along the way. Although it has been proven in numerous studies over the past 30 years that working nights or on rotating shifts as a career may be damaging to your health, there are specific measures that you can take to reduce the risk. The first five tips provide information about the biology of sleep and fatigue, the pattern of daily rhythms in mental performance, and the ease with which we are able to disrupt sleep, even without working at night. The next four tips deal with shiftwork schedules and their interactions with daily life. Tips 10 through 20 deal with specific fatigue countermeasures that you may be using now, seeing others use, thinking about using, or...

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