



Health Consequences of Shift Work and Chronodisruption

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

The biological clock is involved in several key physiological processes, including mental well-being, metabolism, and aging. During night shifts, exposure to light during the biological night alters workers' sleep/wake cycles, suppresses melatonin production, and deregulates circadian genes, leading to chronodisruption. Altered biological rhythms may induce mood, metabolic, hormonal, and other disorders. This Special Issue aims to collect contributions that explore the health consequences of shift work and the disruption of the biological clock which are of interest to occupational medicine and public health. Papers which discuss how the effects of work or lifestyle factors that interfere with the biological clock can be prevented or minimized are particularly invited.

Keywords: shift workers; shift work schedule; night shift work; chronodisruption; light-at-night; blue light; circadian rhythms; biological clock; melatonin; clock genes





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Message from the Editor-in-Chief

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