



Rannsóknir sem betri vinnutími í vaktavinnu byggir meðal annars á:

- Short time between shifts and risk of injury among Danish hospital workers: a register-based cohort study <https://pubmed.ncbi.nlm.nih.gov/30264848/>
- Short rest between shifts (quick returns) and night work is associated with work-related accidents <https://pubmed.ncbi.nlm.nih.gov/30879132/>
- Modeling the Impact of the Components of Long Work Hours on Injuries and “Accidents” <file:///C:/Users/bara/Downloads/Modellinglongworkhours.pdf>
- The effects of the number of consecutive night shifts on sleep duration and quality <https://pubmed.ncbi.nlm.nih.gov/32055864/>
- The Impact of Cumulative 12-Hour Work Shifts on Nursing Critical Skills <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4629843/>
- Should I stay or should I go? The impact of working time and wages on retention in the health workforce. *Human Resource for Health*, 12. <https://human-resources-health.biomedcentral.com/articles/10.1186/1478-4491-12-23>.
- UCLA Health (án dags.). *Coping with shift work*. <https://www.uclahealth.org/sleepcenter/coping-with-shift-work#top>.
- Sleep duration and chronic fatigue are differently associated with the dietary profile of shift workers. *Nutrients*, 8,12(771). <https://pubmed.ncbi.nlm.nih.gov/27916861/>
- The impact of time at work and time off work on rule compliance: The case of hand hygiene in health care. *Journal of Applied Psychology*, 100, 846-862. <https://pubmed.ncbi.nlm.nih.gov/25365728/>
- Physical activity, energy expenditure, nutritional habits, quality of sleep and stress levels in shift-working health care personnel. *Plos One*, 10(1371). <https://doi.org/10.1371/journal.pone.0169983>.
- What work schedule characteristics constitute a problem to the individual? A representative study of Swedish shift workers. *Applied Ergonomics*, 59, 320-325. <https://www.sciencedirect.com/science/article/pii/S0003687016302046?via%3Dihub>
- *Safe and productive shift work. Scheduling tips for a safer, happier and more efficient workforce*. <https://www.industryweek.com/workforce/safe-and-productive-shift-work>.
- *12 hour shifts - Are they the best fit for your organization?* <http://www.industryweek.com/workforce/12-hour-shifts-are-they-best-fit-your-organization>.
- Association of 12h shifts and nurses' job satisfaction, burnout and intention to leave: findings from cross-sectional study of 12 European countries. *BMJ open*, 5(9). <https://bmjopen.bmj.com/content/5/9/e008331>
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Samansafn ýmissa greina

<https://cdn.publisher.gn1.link/sleepscience.org.br/pdf/v12s3.pdf>