

Special Issue

Shift-Work and the Individual

Message from the Guest Editor

Dear Colleague, There is no standard definition of shift-work universally, and validated reports of (complete) biological adjustment to shift-work at the level of the individual are missing. Because of the lack of studies and a rather narrow range of outcome measures, the evidence for shift-work tolerance is limited. Those factors that have been found associated with subjective or objective shift-work tolerance are young age, low scores of morningness or being a late chronotype, low scores of languidity and neuroticism, high scores on extraversion, internal locus of control and flexibility, and male sex. Future studies should identify more factors to widen this list, including the results of applied studies that have tested these factors. Such studies could range from identifying factors that are modifiable (e.g., lifestyle choices) as well as factors specific to the working time arrangement and the workplace setting. This Special Issue shall collect and discuss evidence to date regarding individual differences in shift-work tolerance, including prospects for future research and practical workplace recommendations.

Guest Editor

Prof. Dr. Thomas Kantermann

1. University of Applied Sciences for Economics and Management (FOM), Neuss, Germany
2. SynOpus, Bochum, Germany

Deadline for manuscript submissions

closed (29 April 2021)



Clocks & Sleep

an Open Access Journal
by MDPI

Impact Factor 2.1
CiteScore 4.2
Indexed in PubMed



mdpi.com/si/57270

Clocks & Sleep
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
clockssleep@mdpi.com

[mdpi.com/journal/
clockssleep](https://mdpi.com/journal/clockssleep)





Clocks & Sleep

an Open Access Journal
by MDPI

Impact Factor 2.1
CiteScore 4.2
Indexed in PubMed



[mdpi.com/journal/
clockssleep](https://mdpi.com/journal/clockssleep)



About the Journal

Message from the Editorial Board

Editors-in-Chief

Prof. Dr. Christian Cajochen

Psychiatric Hospital of the University of Basel, Centre for
Chronobiology, Wilhelm-Kleinstr. 27, CH-4002 Basel, Switzerland

Prof. Dr. Paul Franken

Center for Integrative Genomics, University of Lausanne, 1015
Lausanne, Switzerland

Author Benefits

High visibility:

indexed within Scopus, ESCI (Web of Science), PubMed,
PMC, FSTA, and other databases.

Journal Rank:

CiteScore - Q2 (Neuroscience (miscellaneous))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 37 days after
submission; acceptance to publication is undertaken in 4.7
days (median values for papers published in this journal in
the first half of 2025).