Special Issue

Health Consequences of Shift Work and Chronodisruption

Message from the Guest Editor

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

Guest Editor

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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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