

Graveyard night shift essay

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1.

As many companies operate 24 hours per day, there are jobs that require night or graveyard shift employees. Although it is true that working in night shifts has advantages—higher pay and less supervision—it also has several disadvantages. Health Concerns 2. Working the night shift poses health concerns primarily because the brain is programmed to sleep at night. Since the sleeping pattern is disturbed or totally altered, the body feels tired.

These adjustments undertaken by the body can also cause stress. More importantly, graveyard shifts can cause irregular heartbeats and even heart attacks since people's susceptibility to heart diseases and heart attacks are vastly increased because of the increase in stress. Diverted Life 3. Although working the night shift is fairly prevalent for some, most people don't work during the night. More often than not, people who work on night shifts alter their normal activities and their time with family and friends because they sleep in the morning and work in the evening. Career Stall 4. While some may consider less supervision during the night shift an advantage, it can also be a factor for a less competitive working atmosphere.

It is possible that night-shift employees will not be as competitive as those who work daytime shifts. In addition, less supervision means less visibility from administrators; therefore, the chances of having the benefit of thorough performance evaluation, as well as career promotion, might be stalled. Lack of a competitive environment may also affect the employee's professional work ethic and may result in career stagnation instead of development.

Coworkers 5. Many night-shift jobs don't include the luxury of coworkers.

Because the majority of these jobs are normally quiet and secluded, the added stress of not working with others can be a detriment.

Security 6. Although security is rarely an issue, there are still more risks associated with working during late hours. Traveling late can also be a factor, depending on the area where you live

Fallout With Graveyard Shifts
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15ShareWorking in night shifts takes toll on your life and can be proves havoc on your sleep. There are many risks involved like heart attack, digestive problems, sleepiness and insomnia. The condition is known as “ shift worker disorder” the person will feel deep sleep when he tries to stay alert. This goes against the natural cycle. The person will unable to fall asleep once after going to bed. Another main problem of graveyard shift is problem of mood swings and emotions.

Problems with Digestive system Night shifts affect the digestive system although the cause of this is not known. Researchers of Centers for Disease Control say that the human body is forced to work in the mid night when the body is at the rest position. It is also been observed that workers feel more hunger in the midnight.

Another reason for digestive problems is that the workers are unable to get a healthy meal in night; eating fast and less nourished food on daily basis creates problems with digestive system. disadvantages of working in night shiftsRisk of Heart Diseases There is a link between graveyard shift and cardiac problems, workers face chronic hormone disruptions, weight gain, diabetes and heart disease. When a person works with night shifts it is

stressful for him to manage time for family and daily activities. People tend to have poor eating habits which take toll on health making a body more prone to diseases. Workers in the night shifts usually develop irregular heartbeats and heart does not perform well because that time is the relaxation time for the body. Life becomes more stressful if you have continuous night shifts. High risk of Cancer Scientists say that working in nights can be proved dangerous as it disrupts the circadian rhythm (the body's biological clock). Graveyard shifts can be a probable cause of cancer in future.

Workers are more exposed to artificial lights and that decrease the body hormones production named melatonin which helps fights cancer, if the production of this hormone will decrease the person will be at high risk of cancer. There is a higher risk of breast and prostate cancer in females. After taking into consideration like body weight, smoking habits, alcohol consumption and other variables the researchers came out that the risk of prostate cancer is more in the night shift worker as compare to day shift worker.

While on the other hand the symptoms of cancer is different in the day time workers. Prevention is necessary Night shift people tend to be day shift people who are trying to stay awake at night. People don't get enough rest and unhealthy eating habits are the causes of all the diseases. They usually damage their routine life and balanced meals.

It is advisable that they take prevention like sleeping in a dark room with eye shades and ear plugs to avoid disturbance. They should also do some stress exercises, meditation to treat with the diseases like strokes and cancer.