

Nurses: Healthy Lifestyles

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EDITORIAL NOTE

The lifestyle plays an important factor to determine the health of an individual. One of the significant elements of healthy life style is a quality sleep.

Pattern of sleep and quality, plays a vital role in healthy lifestyle of nurses. Rotating day and night shifts had significantly shorter sleep time, longer onset (sleep) than those working in shifts.

It is necessary to develop a significant an optimal shift to promote healthy life style among practicing nurses.

Sleep problems among shift nurses are recognized increasingly as a big issue at both the individual and organizational levels. However, the solutions aren't documented.

Despite the upper prevalence of sleep problems in shift nurses compared to the overall population, current interventional practices only specialize in bright-light exposure, nap breaks, shift schedule rearrangement, and behavioural interventions.

With better awareness and understanding of shift nurses' sleep behaviours, effective interventions are often employed to enhance shift nurses' sleep patterns and sleep quality to market better emotional and health outcomes.

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