

SHIFT WORK AND YOUR BODY

01 Sleep and Melatonin

Shift Work:

Lowers levels of melatonin in shift workers which is associated with:

- 1) Sleep disruption
- 2) Sleep deprivation

Exercise:

Scheduled exercise significantly phase delays the circadian rhythm, which helps with adaption to the schedules of shift work.

Diet:

Eat meals appropriate for time of day. Regardless of how long/short you've been awake. A breakfast meal in the morning, dinner at night.

02 Leptin and Food Habits

Shift Work:

Lowers levels of leptin which inhibits hunger and is associated with:

- 1) Obesity
- 2) Diabetes
- 3) Reduced sleep efficiency

Exercise:

- 1) Exercise helps Regulate Leptin/Ghrelin Levels
- 2) Exercise prior to night shift increase ghrelin and leptin
- 3) Assists with normal regulation of appetite

Diet:

Food content (carbs, protein and fat) helps regulate Leptin/Ghrelin:

- 1) Have high protein snacks at night
- 2) Avoid high sugar

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03 Testosterone

Shift Work:

Lower levels of testosterone in night/shift workers is associated with:

- 1) Increased cancer risk
- 2) Problems/disturbed sleep
- 3) Reduction skeletal muscle mass

Exercise:

Benefit of testosterone:

- 1) Reduces chronic disease and cancer incidence
- 2) Increases levels of testosterone in the short and long term
- 3) Resistance training is the best form of training to increase testosterone

Diet:

Food content helps Regulate Leptin/Ghrelin:

- 1) Have high protein snacks at night
- 2) Avoid high sugar

04 Thyroid

Shift Work:

Higher levels of thyroid stimulating hormone in night shift workers is associated with:

- 1) Fatigue
- 2) Weight gain
- 3) Depression

Exercise:

Leading a physically active lifestyle reduces the incidence of:

- 1) Communicable diseases (e.g., bacterial and viral infections)
- 2) Non-communicable diseases (e.g., cancer)

Results in:

- 3) Immune competency enhancement

Diet:

Food content helps Regulate Leptin/Ghrelin:

- 1) Have high protein snacks at night
- 2) Avoid high sugar

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FITNESS

What can you do?

- 1) Implement a high-intensity, short workout in the afternoons of the day before starting, and the days of your night shifts.
 - High-intensity exercise causes a phase-shift to the body's circadian rhythm.
- 2) Doing a resistance training session straight after a day shift.
 - Resistance training has shown to boost testosterone which reduces chronic disease and cancer incidence.

DIET

What can you do?

- 1) Start by writing out your daily schedule with your planned meal times.
- 2) Prepare the content of what needs to go in each meal. Carbs, Protein, fruit and vegetables.
- 3) If having caffeine, make sure it is BEFORE your shift.
- 4) Prepare your high protein snacks for night shift to avoid sugar cravings.

SHIFT WORK AND YOUR FUTURE

BECOMING A MEMBER **THE SHIFTLYF PROCESS**

1) Become a ShiftLyf member.

2) We will get in touch with you via email with a short questionnaire about your current lifestyle, habits and limitations.

3) You will fill out the online form and attach a copy of your next cycle of shifts.

4) Within 48hrs you will have a personalised program of exercise and diet recommendations to get you started on a healthier, happier life.

5) With each roster you will also receive handy hints and tips to help you better understand the things you can implement for a healthier life.