



## Evidence-Based Effects of Irregular Working Hours on Physical and Mental Health

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**closed (30 September 2022)**

### Message from the Guest Editors

Dear Colleagues,

Today's 24/7 society means that many individuals now work night shifts or have irregular working hours. At the European level, around 20% of employees work in shifts. Night shifts or irregular working hour arrangements are required in many occupations—e.g., in commerce and hospitality, including the retail sector, where 50% of employees are women. The same is also true for the health and social care sector, which has irregular working hour systems. Since night work is a known risk factor for increased fatigue and chronic diseases, circadian dysrhythmia, and disturbed sleep due to the characteristics of shift work (e.g., the length and timing of shifts) and psychosocial or behavioural mechanisms, irregular working hours should be investigated in terms of their evidence-based effects on physical and mental health. This Special Issue calls for research on the working hour characteristics of the irregular working hours in the health and social care sector, as well as in other occupational areas such as the retail sector.

Keywords: irregular working hours; shift work; working time; occupational sector; wellbeing; health





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access journal.

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