



## **Rethinking Occupational Fatigue and Recovery: Towards Sustainable Healthy Work**

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### **Message from the Guest Editors**

Since the early 2000s, advances in information and communication technologies have facilitated a shift in traditional views, enabling more flexibility in work hours and expanding the boundaries in the workplace. These technological improvements have made it easier to participate in global markets, perform work remotely, or join the gig economy. However, these opportunities can also blur the lines between work and leisure time, by extending work hours or requiring work on nonstandard schedules, which increase the potential for fatigue-related adverse health and safety consequences. Thus, as work arrangements evolve, so should rethink our assessment of occupational fatigue and recovery. In this Special Issue of *IJERPH*, we welcome manuscripts from all disciplines that address the risks and consequences of occupational fatigue in the new economy, and propose effective countermeasures that support sustainable work and promote recovery.





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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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