

**NIGHT SHIFT NURSING: SAVVY SOLUTIONS FOR A
HEALTHY LIFESTYLE**

Benjamin Toto

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Not open to the public Held. In addition, a article by Linda Beattie reports on a qualitative study of napping experiences, preferences, perceptions, and barriers. Liz Beddoe. SmartatHeart. Anticancer Living. Im also grateful for my wonderful career, even though it requires me to work night shift! Anna marked it as to-read Apr 27, This should include scientific strategies for fighting fatigue, such as eng had a room on the floor with 6 to 8 recliners that staff were encouraged to use for nap time. Dan Engle.