Recovery from extended day and night schedules

It was amidst the industrial revolution at the beginning of the 19th century that a radical campaign was started for “Eight hours labour, eight hours recreation, eight hours rest.” Dividing the day into these three periods introduced the idea that time off for rest and recreation could enhance workers’ health and well-being. More recent scientific theories support this view. Studies have also shown that nonstandard working schedules, including extended working hours and shift work, can have negative health effects such as fatigue, cardiovascular disease, cancer, and gastro-intestinal disease. However, with enough time for rest and recreation these health effects may be prevented. This dissertation aimed to gain theoretical insights into how rest periods in nonstandard schedules may be associated with health. This dissertation also aimed to study rest and recreation after working in extended shift schedules.