

## Night Shift Workers Plagued By Chronic Sleep Disorder

### Nationwide Clinical Research Trial Explores Investigational Treatment

(NAPSA)—If you work the night shift and are struggling to pay attention to this article, you may be eligible for a clinical research trial of an investigational medication for the treatment of sleepiness associated with chronic shift work sleep disorder (SWSD).

Symptoms of SWSD include excessive sleepiness, insomnia, headaches and difficulty concentrating, leading to on-the-job safety issues and impacting workers' quality of life.

SWSD is a condition that affects an estimated 70 percent of the more than 15 million Americans classified as shift workers by the U.S. Bureau of Labor Statistics. Those most likely to be affected by SWSD are individuals

who work between the hours of 10 p.m. and 8 a.m. (night shift workers) and female shift workers with children in the home. Working during the night and sleeping during the day is contrary to the body's natural circadian rhythms—the body's internal "sleep clock."

The effects of SWSD can range from mildly annoying to potentially deadly. Excessive sleepiness associated with SWSD can increase the risk for work-related injuries, and equipment and automobile accidents. In fact, studies suggest that 20 to 30 percent of individuals working non-traditional work schedules have had a fatigue-related driving mishap.

Additionally, sleep-deprived individuals have a tendency to get sick more frequently than well-rested peers, and are at greater risk for high blood pressure, weight gain and gastrointestinal problems. Together, these factors can result in increased sick days and decreased job productivity.

Many shift workers rely on caffeine or untested herbal reme-

### Risks of Shift Work Sleep Disorder

- on-the-job injuries
- automobile accidents
- high blood pressure
- weight gain
- gastrointestinal problems
- weakened immune system



dies to stay awake on the job. Still others self-medicate, using prescription drugs not indicated for SWSD to control their chronic sleepiness. The clinical research trial will help determine if the investigational medication may be a better solution to improve shift workers' alertness, work function, and quality of life and sleep.

**Men and women who have either been diagnosed with chronic SWSD, or who experience excessive sleepiness associated with working night shifts, can call 1-877-NITE-JOB (1-877-648-3562) to find out if they are eligible to participate in this clinical research trial.**

### Symptoms of Shift Work Sleep Disorder

- excessive sleepiness
- insomnia
- headaches
- difficulty concentrating



**Note to Editors:** The following cities have SWSD clinical trials: Atlanta; Birmingham, AL; Boston; Charlotte, NC; Chicago; Cincinnati; Columbia, SC; Dayton; Detroit; Hattiesburg, MS; Houston; La Jolla / San Diego; Las Vegas; Los Angeles; New York; Philadelphia; Providence, RI; San Jose, CA; St. Louis, MO; St. Petersburg, FL; Toledo.