



SHIFT WORK

Shift to the lite!

In today's wired world, work doesn't stop when the sun goes down. Many of us work night shifts. When the rest of the world is winding down, we're just getting started.

Fatigue among shift workers is a recognized problem across multiple industries.

Night workers are still required to pay attention to detail, to reason, to make decisions. Think about all of the doctors on call, computer programmers, pilots, service industry workers, and many others whose regular day...is night.

The impact of shift work

A night worker, even one who has slept reasonably well, is no more alert between 2:00 am and 8:00 am than a day worker who has slept only 4 hours per night, 2 nights in a row. The cost of mistakes made by fatigued workers - including diminished production, missed days and medical costs - exceeds \$100 billion annually in North America alone.

Indicators of Fatigue:

- Wandering and disconnected thoughts
- Headaches or stomach aches
- Drowsiness during shift, inability to sleep after shift
- Inattention to detail
- Degraded mental abilities including memory, decision-making, perception
- Increased distractibility and irritability

The Litebook - just the boost you need!

Clinical research confirms that bright light in specific wavelengths can help shift the internal body clock and regulate sleep patterns with just 30 to 45 minutes of use right after waking up.

The Litebook helps shift workers feel more alert, and energetic - ready to ramp up into their shift with improved on-the-job performance.

Use The Litebook at the start of your day (whenever that might be) and again part way through your shift if you feel the need for an energy boost. After your shift, your body will gear down naturally for sleep. For a little additional gearing down, wear a dark pair of Litebook sunglasses to shade yourself from the sun on your way home to a well-earned sleep!



The Litebook® Advantage and the Litebook® Edge™

THE LIGHT YOU NEED... EVERY DAY®

- Improves mood • Increases energy • Heightens alertness
- Restores sleep patterns • Safe • Easy to use
- Doctor recommended

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