

Natureza do trabalho: Resumo

TÍTULO

EFFECTS OF NIGHT WORK ON SLEEP OF NURSES - A REVIEW OF LITERATURE

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RESUMO

Introduction: It is known that poor sleep quality directly affects the quality of human life, since they seem to be involved with increased morbidity autonomic dysfunction, psychiatric disorders, car accidents and labor, premature aging, depression, kidney failure, glucose intolerance and decreased work efficiency, etc. Sleep is a physiological and behavioral process that follows a circadian rhythm and is influenced by endogenous factors, social and environmental. This article aims to analyze the impact of night work on sleep of nurses. A pesquisa buscou publicações que contemplassem as causas da má qualidade de sono em trabalhadores dessa área da saúde. **Literature Review:** In the database SCIELO found eleven articles, six of which met the criteria for refinement. Of these, we excluded duplicate texts, which totaled at the end of four papers. With regard to the sleep patterns, it was found that the quality of sleep night shift workers was considered poor compared to day shift workers. The daytime sleep does not have the same quality and reparative capacity of nocturnal sleep, demonstrating that the architecture of daytime sleep after night shift showed incomplete phases and micro awakenings that affect the quality of sleep. In a study of 75 nursing professionals working in night shifts in the Intensive Care Unit was found 70.63% had sleep disorders. The disorder of the structure of circadian rhythms causes malaise, fatigue, drowsiness, insomnia, irritability, loss of mental agility, performance and efficiency. **Conclusion:** It is necessary to warn nurses about the effects of fatigue in association with the alternation of the sleep-wake cycle such as reduced alertness, difficulty concentrating, vulnerability to the occurrence of errors and accidents, among other effects, because it is a profession whose care the person does not admit mistakes.