

Newsletter



December 2016

Special points of interest:-

Working from Home

A study by the Massachusetts Institute of Technology showed productivity increased within 6 months permitting employees working from home. At the same time stress levels decreased. This is in support to a publication by Harvard (<https://hbr.org/2014/01/to-raise-productivity-let-more-employees-work-from-home>) coming to the same conclusion.

The switch from Summer to Winter

The switch from summer to winter time has an increase of 11% for a single depressive episode (published by the British Medical Association).

Seasons Greetings

Please note our office will be **closed on**

22nd December reopening on the 3rd January 2017.

Please Note: If you expect an urgent need for an assessment to be conducted during the Christmas closure please let us know by 9th December so we can make necessary arrangements.



A Christmas gift to you...

To say thank you for choosing to use our services we have been thinking on how to say 'Thank you'. We shall be offering on all referrals booked for an assessment on any of the 4 Thursdays in January 2017 a 5% discount. Appointments are limited and allocated on a first come first served basis. For further information or to book an appointment please click [here](#).



Shift Work and Sleep



Statistics from 2015 highlighted about 19% of all employees work nights at least once a month. Insufficient sleep is known to cause adverse changes regarding the immune system and therefore the resilience against infections as well as metabolic changes. It can also cause cognitive impairments. The risk for chronic disease is increased. Both night work as well as starting work very early in the morning are associated with reduced sleep and about a quarter of shift workers report insufficient sleep and exercise and excessive sleepiness related to night and early morning work. It is notable some people are far more susceptible to the impact of night and early morning work than others. Some people show an amazing resilience to working anytime of the day. Other people are significantly adversely affected.

The current believed way shift work impacts on health is altered light exposure and irregular eating patterns which influences the circadian rhythm. This causes stress to the neurological as well as endocrinological system impacting on for example, glucose and lipid levels. This in return increases the risk for cardiovascular disease such as hypertension, stroke and heart attack. Due to the reduced sleep the immune system is affected making people more susceptible to infections and inflammations.

Cellular stress results in high oxidative stress and accumulation of metabolites. This in return impacts on the ability to repair damage to the cells. Damages usually occur throughout the day to significant amounts and are repaired during night sleep. With the impact of the circadian rhythm being interrupted repair functions are not as effective as they would normally be (reference: G Kecklund, et al, BMJ 5 Nov 2016, 242-245). This may be a reason why cancers are more likely to occur.

Psychological symptoms observed in people with reduced sleep are attention problems, poorer working memory as well as short term memory, executive functions for example decision making and reduced emotional control.

We do offer online Night Worker Assessments.

Please click [here](#) for further information.

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