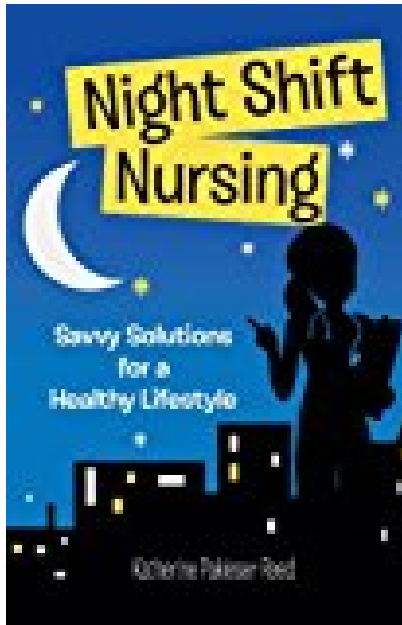


Night Shift Nursing Savvy Solutions for a Healthy Lifestyle



BOOK DETAILS

- Author : Katherine Pakieser-Reed
- Pages : 192 Pages
- Publisher : Sigma Theta Tau International
- Language : English
- ISBN : 1937554678



BOOK SYNOPSIS

Night Shift Nursing provides useful tips and practical tools that show nurses how to make the night shift work for them. From choosing energizing fitness routines and nutritious food options to reconstructing sleep patterns and balancing family and personal relationships, this book can help any nurse love the night shift. There is even a section for employers on creating healthy work environments for night shifters.

NIGHT SHIFT NURSING SAVVY SOLUTIONS FOR A HEALTHY LIFESTYLE -

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