

## **Contents**

Chapter 1: Summary, Policy Issues, and Options for Congressional Action .....	3
Chapter 2: Introduction and Overview .....	29
Chapter 3: Circadian Rhythms .....	37
Chapter 4: The Prevalence and Use of Shift Work .....	69
Chapter 5: Biological Rhythms and Work Schedules .....	87
Chapter 6: Legal and Regulatory Issues .....	123
Chapter 7: Case Study: Nuclear Powerplant Control Room Operators .....	143
Chapter 8: Case Study: Registered Nurses and Resident Physicians .....	155
Chapter 9: Case Study: The Military .....	185
Appendix A: International Regulation of Shift Work .....	199
Appendix B: Federal Research Activities .....	217
Appendix C: Participants in Workshop on Shift Work and Extended Duty Hours .....	222
Appendix D: Acknowledgments .....	223
Appendix E: List of Contractor Documents .....	227
Appendix F: Decade of the Brain .....	228
Appendix G: Acronymns and Glossary of Terms .....	230
Index .....	237