Consecutive 24 hr shifts (S)
Increased Work and Rest Imbalance →
Decreased control capacity

Increase in Cardiovascular Strain:
Heart Rate ↑, Heart Rate Variability ↓, Blood Pressure ↑,
Salivary cortisol ↑,
Salivary CRP ↑ (flattened diurnal pattern ↑)

Fatigue ↑, Stress ↑, Sleep Time/Quality ↓, Unhealthy Behaviors ↑, and Performance ↓
night eating/overeating ↑, regular exercise at work ↓, and injuries ↑

Other working conditions
Job demands (busy vs. slow houses), social relationship at work, job control, rewards, work/family balance, # of consecutive shifts/month

Individual characteristics
Health status (obesity, hypertension, hyperlipidemia, etc), coping through healthy behaviors (e.g., having nap times), motivation, age, and gender