

A new way to reduce shift work fatigue

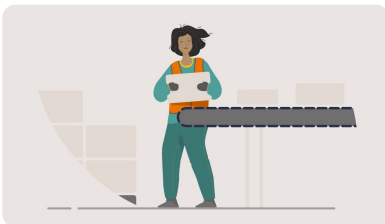


Timeshifter's shift work app offers an entirely new and personalized way for shift workers to optimize their sleep, alertness, health, and quality of life. When a shift worker enters their given work schedule, sleep pattern, chronotype, and caffeine and melatonin use preferences, the app provides highly personalized advice to tackle the underlying problem of circadian and sleep disruption. Shift workers can download and subscribe to the app on the App Store and Google Play, and solutions for businesses employing shift workers are also available. The app works with any existing shift work schedule. From \$65 per worker/year.

Key articles



[The science of shift work disorder](#) ↗



[A better way to shift work](#) ↗



[We help astronauts and mission controllers perform at their best](#) ↗

The average shift worker costs companies an additional ~\$10,000/year

- Increased risk of accidents
- High absenteeism
- High employee turnover
- Long-term health implications
- Poor quality of life
- Lost productivity

Proven effectiveness and high user satisfaction

93%

would use the app if
paid by employer

87%

would recommend
app to co-workers

Science background

Our central 24-hour circadian clock regulates nearly all biological systems in our brain and bodies, including sleep, alertness, performance, metabolism, immune function, and even reproductive health. This clock is synchronized by the daily light-dark cycle created by Earth's rotation. As diurnal animals, human circadian rhythms have evolved to make us sleep at night and stay awake, active, and eat during the day. Shift work schedules often force individuals to go against this natural rhythm. When a shift worker's schedule changes, their sleep/wake and light/dark cycles shift too quickly for their circadian clock to adjust, leading to a misalignment between their behavior and internal clock. This misalignment means shift workers are sleeping, eating, and working at the 'wrong' circadian time, increasing the risk of short-term safety problems as well as long-term risks of chronic health problems, including heart disease, diabetes, depression, and even certain cancers.

Key points

- The productivity, health, and safety issues linked to shift work arise from scheduling work, sleep, and other activities at the 'wrong' times according to our internal biological clock.
- Addressing the negative effects of shift work requires resetting the circadian clock, managing sleep, and promoting alertness at the right biological times.
- Generic sleep advice, exercise routines, special diets, supplements, or simply powering through cannot solve these problems. None of these approaches effectively shift circadian rhythms or systematically manage sleep and alertness timing in a personalized way.
- Timeshifter helps shift workers mitigate the challenges of shift work, regardless of their work schedules, in a practical way that aligns with their routines.