

The effects of three consecutive 12-hour shifts on cognition, sleepiness, and domains of nursing performance in day and night shift nurses: a quasi-experimental study.

October 20, 2021

James L, Elkins-Brown N, Wilson M, et al. The effects of three consecutive 12-hour shifts on cognition, sleepiness, and domains of nursing performance in day and night shift nurses: a quasi-experimental study. *Int J Nurs Stud*. 2021;123:104041. doi:10.1016/j.ijnurstu.2021.104041.

<https://psnet.ahrq.gov/issue/effects-three-consecutive-12-hour-shifts-cognition-sleepiness-and-domains-nursing-performance>

Many hospitals have adopted a 12-hour work shift for nurses and some studies have shown a resulting increase in [burnout](#) and [decrease](#) in patient safety. In this study, researchers assessed simulated nursing performance, cognition, and sleepiness in day nurses and [night](#) nurses who worked three consecutive 12-hour shifts. Overall results indicated nurses on both shifts mostly maintain their abilities on the simulated nursing performance assessment despite reporting increased sleepiness and [fatigue](#). However there was more individual variation in cognition and some domains of performance.