

Wake-up call: night shifts adversely affect nurse health and retention, patient and public safety, and costs.

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<https://psnet.ahrq.gov/issue/wake-call-night-shifts-adversely-affect-nurse-health-and-retention-patient-and-public-safety>

Extended and overnight shifts are associated with higher [adverse event](#) rates and [burnout](#). This mini review summarizes the impact of overnight shifts on nurses' health, [patient](#) and public safety, and organizational costs (e.g., those related to nurse turnover). Organizational strategies to promote nurses' health and reduce errors are also summarized, ranging from low-cost measures such as breaks for physical activity during the shift to high-cost measures such as referral to sleep specialists or paid transportation home.