

ABSTRACT

The objective of this study was to find out the opinions of people working the nightshift toward the ill-health effects caused by working the nightshift, the approaches used to gain effective sleep when working the nightshift, and to obtain their opinions as to why they chose to work the nightshift. The respondents of this study were 120 people who worked the nightshift in various types of job in the Bangkok area. The instrument used in this study was a cross-sectional questionnaire, which consisted of closed-ended and open-ended questions. Most of the respondents agreed that working the nightshift can cause ill-health effects; however, some respondents did not agree that working the nightshift can cause cancer and stress. Most of the respondents had to work the nightshift because it was part of their job responsibilities. Most of the respondents agreed that exercising, sleeping in a dark and cool room, and taking a nap helped them to gain effective sleep when working the nightshift. Respondents did not agree that being exposed to bright light during the night and avoiding exposure to sunlight before going to bed could help them to gain effective sleep. Even though respondents agreed that working the nightshift caused ill-health effects, their sleep behavior did not reflect this. Most of the respondents did not go to bed at the same time every day and also watched TV or used the computer before going to bed.