

CONTENTS

	Page
ABSTRACT.....	ii
ACKNOWLEDGMENTS.....	iii
CONTENTS.....	iv
CHAPTER	
1. INTRODUCTION	
1.1 Background.....	1
1.2 Statement of the Problem.....	3
1.3 Objectives of the Study.....	4
1.4 Definition of Terms.....	4
1.5 Scope of the Study.....	4
1.6 Significance of the Study.....	4
1.7 Organization of the Study.....	5
2. REVIEW OF LITERATURE	
2.1 Shiftwork and Nightshift Systems.....	6
2.2 Circadian Rhythms' Effect on the Sleep Systems.....	7
2.3 Melatonin's Effect on the Sleep System.....	9
2.4 Stages of Sleep.....	10
2.5 Ill-Health Effects Caused by Working the Nightshift.....	12
2.6 Approaches to Looking after One's Self.....	16
3. METHODOLOGY	
3.1 Subject.....	18
3.2 Materials.....	18
3.3 Procedures.....	18
3.4 Data Analysis.....	19

4. RESULTS	
4.1 General Information.....	20
4.2 Opinions about Ill-Health Effects.....	23
4.3 Opinions about Approaches Used to Gain Effective Sleep.....	25
4.4 Sleep Behavior.....	28
4.5 Opinions about Nightshift Duty.....	29
4.6 Opinions and Suggestions.....	30
5. CONCLUSION, DISCUSSION AND RECOMMENDATIONS	
5.1 Summary of the Study.....	33
5.2 Summary of the Findings.....	33
5.3 Discussion.....	35
5.4 Conclusion.....	36
5.5 Recommendations for Further Research.....	37
REFERENCES.....	38
APPENDICES	
A. Questionnaire in English.....	41
B. Questionnaire in Thai.....	46