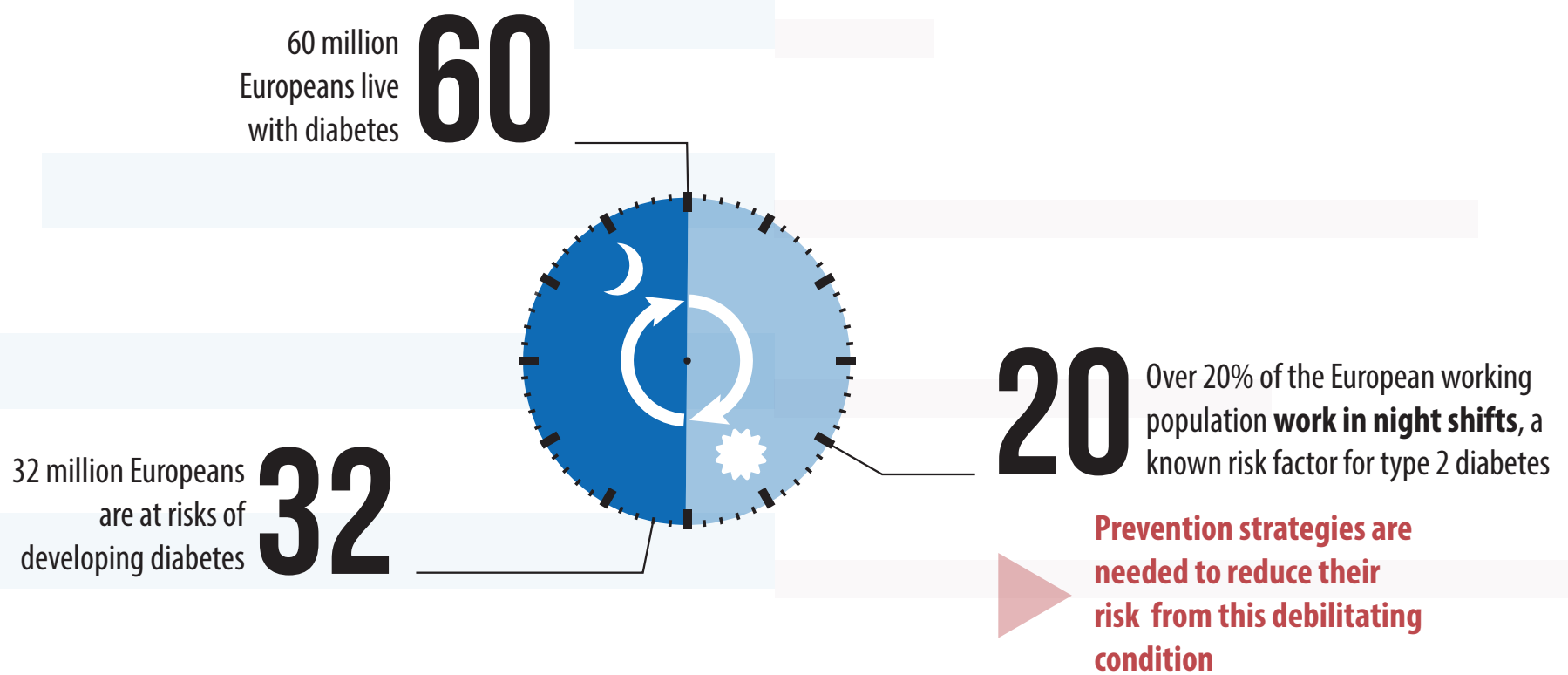




# EURHYTHDIA



**Exercise, light therapy and melatonin administration** improves alertness during the night shift and can improve individual **well-being** and **sleeping habits**



**Exercise before the night shift** work improves **alertness** during the night shift and can improve **cardiorespiratory fitness**

