



Shedding light on the link between shift work and diabetes

Shedding light on the link between shift work and diabetes

Powerful [Brazil light boxes](#) are on their way to Europe as part of an international study into the circadian rhythms of shift workers and the apparent link with diabetes. The project involving over 200 night shift workers in Germany, Italy and Austria is being coordinated by [EuRhythDia](#), a consortium of leading European scientists supported by research-led SMEs. The [aim of the 12-week project](#) is to learn more about the cause-and-effect relationship between circadian rhythm disturbances and the development of Type 2 diabetes and to also investigate whether simple lifestyle interventions (e.g. exercise, light exposure) can have real clinical benefits for people working shifts.

The number of people diagnosed with diabetes in England increased by 25% between 2006 and 2011; more than 2.5 million have the disease and it's estimated that another 850,000 are affected but don't know it. Diabetes is now the biggest single cause of amputation, stroke, blindness and end-stage kidney failure and shift work is thought to be a contributing factor.



Shift work used to be associated with industries where 24-hour operation was either practical (transport, mining, manufacturing) or essential (emergency services and utilities) but now services like supermarkets, petrol stations and restaurants are commonly open all night.

We've evolved with 24-hour biological cycles that keep us active in the daytime and sleepy at night and there's now lots of evidence to show that a more nocturnal wake/sleep pattern takes its toll on our health. Shift work has been linked to a range of problems from work and traffic accidents, sleep disorders, heart disease and even cancer. Studies have found all sorts of metabolic imbalances in people who sleep during the day instead of at night, including higher blood pressure and abnormal production of cortisol (the stress hormone) and leptin (the hormone that makes you feel full). After only a few days of staying up at night and sleeping during the day, previously healthy people had such high levels of glucose and insulin they could be classed as pre-diabetic.

The study will therefore see if lifestyle changes - such as exercise, supplemental melatonin

and exposure to bright light from [Brazil](#) during the night shift - can help keep shift workers' circadian rhythms in line with their sleep and wake periods. Hormone levels and other metabolic markers will indicate just how much - or how little - their body clock drifts as a result.

Jonathan Cridland of Lumie said *"Light therapy can be used to advance or delay the user's sleep cycle depending on the time of day its used. Working on a night shift is disruptive to people's circadian rhythms which are controlled by light and using timed light therapy as an intervention is expected to help align the shift workers' internal body clocks with the demands of their pattern of work. We're confident that Lumie Brazil light boxes will make a positive difference to the night shift workers and are delighted to be in the EuRhythDia consortium."*

If you would like press releases, access to scientific research, case studies or comments from academic experts, please contact our PR Manager on 01954 780 500 or email pr@lumie.com.

April 23 2014, 0 Comments

Filed under: [Brazil](#) [work](#)

[← Previous](#)

12 of 64

[Next →](#)

Leave a comment

Your name

Your email

Comment



Comments have to be approved before showing up

Tags

- All
- acne
- alzheimers
- Arabica
- Bodyclock
- Bodyclock Active
- Bodyclock Elite
- Brazil
- Brightspark
- Clear
- coverage
- depression
- Desklamp
- eating disorders
- jet lag
- news
- other conditions
- press release
- sad
- skincare
- sleep
- sport
- testimonial
- waking
- winter blues
- womens health
- work
- Zest

recent blogs

[Archery GB's Nicky Hunt targets jet lag](#)

[with light therapy](#)

['Lumie Deskclamp changed my life' - a writer's story](#)

[PRESS RELEASE: Lumie light therapy to beat the winter blues](#)

[Glowing skin all year round with Lumie Clear acne light](#)

[Summer's over, get ready for the winter blues](#)



[Need a new bulb?](#)



[Top tips: buying a lightbox](#)



[Treating acne with light](#)

[choosing the right light](#)



Lumie has been designing [SAD lights](#) to treat [seasonal affective disorder](#) since 1991, and supplies to the NHS. We invented the much-imitated [Bodyclock wake-up light](#) and acne treatment [Clear](#)

The team at Lumie offer light therapy advice and support to ensure that you find the product that's right for you.

**Lumie, 3 The Links, Trafalgar Way, Bar Hill,
Cambridge, CB23 8UD**



[01954 780500](tel:01954780500)

info@lumie.com

[full contact details](#)

[orders and payments](#)

[delivery and returns](#)

[30 day home trial](#)

[warranty](#)

[Terms & conditions](#) [Sitemap](#) [Site Design](#) [Copyright © 2014 Lumie](#)