# **Do you work shifts in the NHS?**

**Patient and Public Involvement**

A research team at the University of Oxford are looking for people from a range of backgrounds and roles within the NHS who work shifts.

**Help to improve the sleep and wellbeing of NHS staff**

Poor sleep and wellbeing are common among shift workers. We want to help and would like your advice on our ideas. This is called **patient and public involvement in research**.

Around 30% of people who work night, early morning or rotating shifts have a sleep disorder. It can lead to difficulties falling asleep, increased sleepiness at work and challenges to maintain a personal life.

We want to use this scientific knowledge to develop and test new interventions for NHS shift workers. Your involvement is welcome if you work clinical or support roles in the NHS (e.g., midwives, junior doctors, health care assistants, paramedics, porters, cleaners and managers of night staff).

Your valued feedback on our ideas will shape the direction of our research.

**What’s involved?**

A friendly and informal 1-hour telephone call with a member of the team. You don’t need to have any research experience – just be happy to share your views based on your experience of working NHS shifts. You will be reimbursed £25 per hour for your time.

**How to get involved?**

If you’re interested in finding out more, please contact Charlotteby email (**charlotte.lee@ndcn.ox.ac.uk**) or phone (**01865 618 688**) by **31st August 2023**.

**Further information:** <https://wearevocal.org/opportunities/nhs-nightshift-worker-advisory-group/>