Today in the United States, there are four million Americans who are working on jobs at night that were originally done during the day. The increases of third shift workers are due to the growing economy. Since the economy is growing the majority of the third shift workers are blue-collar workers. There are still more day time workers, but in the future this will change because more employers are requiring that work to be done or continued at night. Data was collected from research on the internet academic journals, done by major organizations such as the Centers for Disease Control. Working the night shift has many negative health effects including an impact on the immune system, circadian rhythm, digestive system, and mental well-being. Working the night shift puts a worker at greater risk of accidents, boredom, and less satisfaction with life in general.

The purpose of this study is to inform on the health concerns of working the night shift and available options to help improve the health status of third shift workers. There is much research being done in this area on how to combat health risks for night shift workers, such as light exposure therapy and dark goggles to help with circadian rhythm and adapting it to working the night shift. Other ways to help improve the quality of life include maintaining a proper healthy diet that has been adaptive for night shift workers, since they are on a different schedule than daytime workers. With certain changes, not only can worker health change for the better, but also changes can lead to less work accidents and better productivity.