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# HOW MUCH CAN YOU WORK AND WHAT REST DO YOU NEED?



AV Akademikerverlag Jul 2012, 2012. Taschenbuch. Book Condition: Neu. 220x150x6 mm. This item is printed on demand - Print on Demand Neuware - Revision with unchanged content. At the same time as many urban economies are developing into 24-hour societies, it is becoming increasingly popular amongst shift workers to compress their working hours. John Axelsson's thesis deals with the problem of how much you can compress your working hours without compromising sleep and performance. It also focus on the mechanisms...

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- Authored by John Axelsson
- Released at 2012



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