Shiftwork is an employment practice designed to make use of, or provide service. Shiftwork in the 21st century: challenges for research and practice. Labour Research in Practice - IfADo - Leibniz Research Centre for Evaluation of a fatigue model using data from published napping studies. Folkard Eds. Shiftwork in the 21st Century: Challenges for Research and Practice. Shiftwork in the 21st century: challenges for research and practice. In particular, one study found that female shiftworkers report difficulties falling asleep, problems with insomnia and using sleeping aids to fall asleep more. Shiftwork in the 21st Century. Challenges for Research and Practice, 305-309. 6. Readers Guide to the Social Sciences - Google Books Result This is why the IfADo has established research on the following issues. Requirements on self-control Shift-work, fatigue and sleep deprivation Noisiness