

# how to lose weight working night shift

## Navigating the Challenges: How to Lose Weight Working Night Shift

how to lose weight working night shift is a common and significant concern for millions globally. The disruptive nature of night shifts can wreak havoc on our internal body clocks, leading to hormonal imbalances, increased cravings for unhealthy foods, and a general struggle to maintain a consistent, healthy lifestyle. This article provides a comprehensive, actionable guide to help night shift workers effectively manage their weight and improve their overall well-being. We will delve into the unique physiological hurdles faced by nocturnal workers, offering practical strategies for diet, exercise, sleep optimization, and mindset adjustments. By understanding the specific demands of working outside traditional daylight hours, you can unlock the secrets to successful and sustainable weight loss.

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## Understanding the Night Shift Weight Gain Struggle

Working the night shift fundamentally disrupts the body's natural circadian rhythm, the internal biological clock that regulates sleep-wake cycles, hormone release, and metabolism. This disruption, often referred to as shift work sleep disorder, can lead to a cascade of physiological changes that promote weight gain. When your body is awake during hours it's programmed to be asleep, it can misinterpret this as a time of scarcity, potentially slowing down metabolism and increasing fat storage.

The hormonal imbalances caused by night shifts are particularly significant. Cortisol, the stress hormone, can become elevated, which is linked to increased appetite, especially for high-calorie, sugary, and fatty foods. Melatonin, the sleep-regulating hormone, is produced in lower quantities when exposed to light at night, further disrupting sleep patterns. Leptin, a hormone that signals fullness, can decrease, while ghrelin, the hunger hormone, can increase, leading to persistent feelings of hunger and reduced satiety. This hormonal turmoil creates a challenging environment for anyone trying to control their caloric intake and manage their weight.

## Optimizing Your Diet for Night Shift Success

The key to managing weight while working nights lies in mindful food choices and a structured eating schedule that accommodates your unique work pattern. It's crucial to view your "day" as starting when you wake up, regardless of the time. This means planning your meals around your awake periods, not traditional mealtimes.

## Strategic Meal Planning and Timing

Creating a consistent eating schedule is paramount. Aim to consume your largest meal before your shift, a lighter meal or snack during your shift, and a final light meal or snack after your shift, but ideally at least 2-3 hours before you plan to sleep. This helps prevent late-night eating, which is strongly associated with weight gain and disrupted digestion. Focus on nutrient-dense foods that provide sustained energy rather than quick sugar spikes and crashes.

## Prioritizing Nutrient-Dense Foods

- **Lean Proteins:** Include sources like chicken breast, turkey, fish, eggs, beans, and tofu. Protein helps with satiety and muscle maintenance, crucial for metabolism.
- **Complex Carbohydrates:** Opt for whole grains such as oats, quinoa, brown rice, and whole-wheat bread. These release energy slowly, keeping you fuller for longer and preventing energy slumps.
- **Healthy Fats:** Incorporate avocados, nuts, seeds, and olive oil. These are essential for hormone production and satiety.
- **Fruits and Vegetables:** Load up on a wide variety of colorful fruits and vegetables. They are rich in vitamins, minerals, and fiber, which aid digestion and contribute to fullness.

## Hydration Strategies

Staying adequately hydrated is often overlooked but is vital for metabolism and appetite control. Water can help you feel fuller and is essential for all bodily functions. Aim to drink water consistently throughout your awake hours. Avoid sugary drinks, including sodas, sweetened coffees, and energy drinks, as these contribute empty calories and can disrupt sleep further. Herbal teas, like peppermint or chamomile, can be soothing and hydrating without added sugar.

## Snacking Smartly

When hunger strikes between meals, choose wisely. Avoid processed snacks, chips, and candy that offer little nutritional value and can lead to energy crashes. Instead, opt for healthy alternatives that will provide sustained energy and keep you satisfied. Healthy snack options include:

- A handful of almonds or walnuts
-

Greek yogurt with berries

- Apple slices with peanut butter
- Hard-boiled eggs
- Vegetable sticks with hummus

## Strategic Exercise for Night Shift Workers

Incorporating physical activity into your night shift routine can be challenging, but it's a powerful tool for weight management and improving overall health. The key is to find a schedule that works with your sleep patterns and energy levels.

### Finding the Right Time to Exercise

The optimal time to exercise often depends on your individual chronotype and how your body responds. Some night shift workers find that a workout shortly after waking up, before their shift, energizes them for the day. Others prefer to exercise after their shift to help them wind down and burn off stress, though it's important to avoid intense workouts too close to bedtime if it disrupts your sleep.

### Types of Exercise to Consider

- **Cardiovascular Exercise:** Activities like brisk walking, jogging, cycling, or swimming are excellent for burning calories and improving heart health. Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
- **Strength Training:** Building muscle mass is crucial for boosting metabolism, as muscle burns more calories at rest than fat. Incorporate weightlifting, bodyweight exercises, or resistance bands a few times a week.
- **Flexibility and Mobility:** Yoga, Pilates, and stretching can improve posture, reduce muscle tension, and enhance recovery, which is particularly important for night shift workers who may experience more physical strain.

Even short bursts of activity throughout your awake hours can make a difference. Consider taking the stairs, going for a short walk during breaks, or doing a quick circuit of bodyweight exercises.

# **The Crucial Role of Sleep and Routine**

Sleep is the cornerstone of healthy living, and for night shift workers, optimizing it is non-negotiable when it comes to weight loss. Poor sleep directly impacts appetite-regulating hormones, increases cravings for unhealthy foods, and reduces motivation for exercise and healthy eating.

## **Creating a Sleep Sanctuary**

Transform your bedroom into a haven for sleep. This involves making it as dark, quiet, and cool as possible. Invest in blackout curtains to block out natural light that can interfere with melatonin production. Use earplugs or a white noise machine to minimize disruptions. Ensure the room temperature is slightly cooler than you might prefer for daytime sleep.

## **Establishing a Consistent Sleep Schedule**

While working nights inherently disrupts a regular schedule, consistency within your sleep pattern is key. Try to go to bed and wake up around the same time on your workdays. On your days off, avoid drastic shifts in your sleep schedule, as this can worsen the effects of jet lag and further confuse your body clock.

## **Pre-Sleep Rituals**

Develop a relaxing pre-sleep routine to signal to your body that it's time to wind down. This could include taking a warm bath, reading a book, listening to calming music, or gentle stretching. Avoid screens (phones, tablets, TVs) for at least an hour before bed, as the blue light emitted can suppress melatonin and make it harder to fall asleep.

## **Mindset and Lifestyle Adjustments for Long-Term Weight Loss**

Sustaining weight loss while working night shifts requires a shift in perspective and a commitment to making long-term lifestyle changes. It's not about restrictive dieting but about building sustainable habits that fit your unique circumstances.

## **Patience and Realistic Expectations**

Weight loss is rarely linear, and for night shift workers, it can sometimes feel even slower. Be patient with yourself and focus on progress, not perfection. Set small, achievable goals rather than aiming for drastic changes that can lead to discouragement. Celebrate small victories along the way.

## **Building a Support System**

Connect with others who work night shifts or have similar health goals. Sharing experiences and challenges can provide encouragement and accountability. If possible, enlist the support of family and friends to help you stick to your healthy eating and exercise plans.

## **Stress Management Techniques**

The stress of working nights can significantly impact weight. Incorporate stress-reducing activities into your routine. This could include mindfulness meditation, deep breathing exercises, spending time in nature, or engaging in hobbies you enjoy. Finding healthy ways to manage stress can prevent emotional eating and improve overall well-being.

## **Overcoming Common Pitfalls of Night Shift Eating**

Night shift workers often fall into common traps that sabotage their weight loss efforts. Recognizing these pitfalls is the first step to overcoming them.

## **The Allure of Convenience Foods**

When you're tired and working odd hours, the temptation to grab the quickest, easiest meal – often processed and unhealthy – is immense. Preparing meals and snacks in advance is the most effective way to combat this. Pack lunches and snacks to take to work, ensuring you have healthy options readily available.

## **Caffeine and Sugar Dependency**

Many night shift workers rely heavily on caffeine to stay awake and alert. While moderate caffeine intake can be beneficial, excessive consumption can lead to anxiety, disrupt sleep, and contribute to weight gain if consumed in sugary forms. Similarly, sugary snacks provide a temporary energy boost but are followed by a crash, leading to a cycle of cravings.

## **Social Eating and Isolation**

Working nights can lead to social isolation, and mealtimes might become solitary affairs. This can sometimes lead to mindless eating or a feeling of deprivation. Try to schedule healthy meals with colleagues if possible, or make your solo mealtime a mindful experience, focusing on the taste and texture of your food.

## **Navigating Post-Shift Eating**

The urge to eat a large meal immediately after finishing a night shift is strong. However, eating a heavy meal close to bedtime can interfere with sleep and lead to weight gain. Aim for a light, easily

digestible snack or meal if you're hungry, and prioritize getting to bed as soon as possible to allow your body to rest and recover.

## FAQ

### **Q: How can I manage cravings for unhealthy snacks while working the night shift?**

A: To manage cravings, focus on consistent hydration with water and herbal teas. Keep a variety of healthy, pre-portioned snacks like nuts, Greek yogurt, fruit, or vegetable sticks with hummus readily available. Ensure your main meals are balanced and satisfying, which will help regulate hunger hormones and reduce the urge for quick, sugary fixes.

### **Q: Is it better to exercise before or after a night shift for weight loss?**

A: The optimal time for exercise depends on your individual response and sleep schedule. Some find exercising after waking and before their shift provides energy. Others prefer exercising after their shift to release stress, but it's crucial to avoid intense workouts too close to bedtime if it interferes with your ability to fall asleep. Listen to your body and experiment to find what works best for you.

### **Q: How does working the night shift affect my metabolism and weight gain?**

A: Working the night shift disrupts your circadian rhythm, which can negatively impact your metabolism. This disruption can lead to hormonal imbalances, such as increased ghrelin (hunger hormone) and decreased leptin (satiety hormone), leading to increased appetite and potential for weight gain. It can also slow down your metabolic rate, making it harder to burn calories.

### **Q: What are the best types of meals to prepare for a night shift?**

A: For night shifts, prioritize meals that are balanced, nutrient-dense, and easy to digest. Include lean proteins, complex carbohydrates, and plenty of vegetables. Examples include grilled chicken or fish with quinoa and steamed vegetables, lentil soup with whole-grain bread, or a large salad with grilled chicken or beans. Avoid heavy, greasy, or overly processed foods that can lead to digestive discomfort and energy crashes.

### **Q: How important is sleep for weight loss when working night shifts?**

A: Sleep is critically important for weight loss, especially for night shift workers. Insufficient or poor-quality sleep disrupts hormones that regulate appetite (ghrelin and leptin), leading to increased hunger and cravings for high-calorie foods. It also impacts insulin sensitivity and can reduce motivation for healthy eating and exercise. Prioritizing consistent, quality sleep is as vital as diet and

exercise.

## Q: Can I still lose weight if I work rotating shifts?

A: Losing weight on rotating shifts is more challenging but certainly possible. The key is to be adaptable and focus on fundamental principles even when your schedule changes. Try to maintain a consistent approach to healthy eating and sleep hygiene as much as possible. When your schedule shifts, adjust your meal timing and exercise accordingly, and be patient with your body's adaptation process.

## Q: What are some healthy drink options for staying alert during a night shift without hindering weight loss?

A: Opt for water, unsweetened herbal teas, or black coffee in moderation. Avoid sugary sodas, energy drinks, and sweetened coffee beverages, as these contribute significant calories and can disrupt sleep patterns. Sparkling water with a squeeze of lemon or lime can also be a refreshing and calorie-free option.

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**how to lose weight working night shift: NIGHT SHIFT Fat Loss Hacks** Dennis B. Weis, 2021-12-17 According to the Bureau of Labor Statistics, approximately 3.2 percent of all U.S. employees (Factory, fast food restaurant & grocery store employees, first responders -fire fighters, hospital doctors, police, and commercial janitor cleaning personnel.) work alternative and rotating shifts, including (2nd aka-Swing Shift 3:00 p.m-11:00 p.m. or 3rd aka-Graveyard 11:00p.m.-7:00a.m.). Fat loss dieting is difficult for most people, but if you add to that the extra burden of fatigue, irregular sleeping and eating patterns when working the 2nd or 3rd night shift, it can seem a daunting task. This guide will show you how to properly structure and time your meals so that you can drop the body fat you want, while maintaining high performing energy levels.

**how to lose weight working night shift: Automatic Natural Weight Loss System** Franklin Gillette, 2012-06-13 Automatic Natural Weight Loss System is a revolutionary book that helps you to lose weight naturally. It focuses on recognizing the body's natural cycles and returning back to being in harmony with those cycles. Many people would love to lose weight safely and quickly without all the extra work. This book shows you how to practically and easily lose weight and keep the weight off! It also helps restore the body's natural functions. It is the ultimate do-it-yourself natural weight loss book.

**how to lose weight working night shift: Eat Everything** Dawn Harris Sherling, 2023-05-02 Discover the surprising reason restrictive diets don't work—and a practical, science-based guide to reclaim your health through the power of real food. Carbs aren't causing your weight gain. Dairy

may not be the reason for your upset stomach. And your liver isn't fatty because of the occasional hamburger. It's time to enjoy eating everything again—and to reclaim our health along the way. *Eat Everything* offers a better alternative to complicated, minimally effective, and highly restrictive diets. Physician Dawn Harris Sherling lays out compelling new evidence implicating food additives as the real culprits behind diet-related diseases and shares simple, actionable advice to heal. We're constantly told to fear carbs, gluten, and dairy, and we turn to strict diets to solve our health problems. Yet Americans still have one of the highest rates of obesity and diabetes in the world, and millions suffer from digestive ailments like irritable bowel syndrome (IBS). Digging into emerging research, Dr. Sherling realized it's not the foods but the food additives, especially emulsifiers, that are at the root of our problems. Our bodies can't digest them, but they feed our microbiomes and they're everywhere in the ultra-processed foods that make up about half of our daily diets. In this refreshing and accessible guide, readers will learn: How to lose weight without a restrictive diet Why so many popular ultra-processed foods are actively harmful to our bodies How to navigate eating at restaurants—for any meal or occasion Tips for filling our grocery bags with real food Why avoiding food additives is beneficial for our bodies and minds How to embrace healthful cooking at home, with 25 delicious recipes Dr. Sherling lays out the research on food additives and offers a straightforward guide to eating just about everything (yes, even bread, pasta, and ice cream!) without pain, worry, or guilt. This isn't just another restrictive diet in disguise; it's a call to rediscover our love of real food.

**how to lose weight working night shift: *Secrets of a Kosher Girl*** Beth Warren, MS, RDN, CDN, 2018-06-25 *Secrets of a Kosher Girl* integrates the ancient principles of a kosher diet and lifestyle with proven weight-loss strategies emphasizing whole foods, or clean eating. This easy-to-follow 21-day diet and exercise plan results in an average loss of 6 to 11 pounds and improvements in mood, muscle mass, and energy, along with cholesterol and blood sugar levels. Beth lost weight on her proven program and shows how you can too. First, you'll discover how to prepare your mind, body, and pantry to follow the diet successfully, and how it's important to have the strong discipline and intuitive eating techniques inherent in a kosher diet to condition your mind. Next, Beth explains how physical activity is not only important to health and weight loss, but how this concept has been around since biblical times. Last, Beth provides everything you need to start the program: 21 days of meal plans, recipes, and daily fitness goals, with motivational quotes to inspire you along the way. Lose weight the kosher way!

**how to lose weight working night shift: *Metabolic Shifting: Nutrition, Exercise and Timing*** Tatiana Zilberter, Piotr Bregestovski, Yuri Zilberter, Antonio Paoli, 2021-01-22

**how to lose weight working night shift: *Lose Your Final 15*** Rovenia M. Brock, 2016-12-27 Lose 15 pounds in 15 days by eating 15 servings of food per day Tired of diet plans that leave you hungry? Ready to ditch that juice cleanse? Popular doctor of nutritional sciences and weight-loss specialist Dr. Rovenia Brock has the answer. Dr. Ro is the nutrition coach who helped Sherri Shepherd of *The View* lose more than 40 pounds and viewers of *The Dr. Oz Show* shed more than 5 million pounds. In *Lose Your Final 15*, she reveals her best-ever program to help you lose 15 pounds in 15 days by eating 15 servings a day. Dr. Ro's plan is divided into three 15-day phases. In each phase, you'll enjoy 15 servings of food per day while learning to identify foods by their real serving size. You will then choose your 15 daily servings from 45 mouthwatering recipes like Black Bean Pasta with Shrimp in Red Curry Sauce and Melon and Prosciutto Breakfast Salad with Fried Egg, all developed by Dr. Ro to keep you satisfied and on track. Also included are easy, delicious 15-minute meals for those extra-busy days. Beyond just a diet, *Lose Your Final 15* includes 15-minute meditation guides and exercise plans that fit into any schedule. With Dr. Ro as your guide, you'll experience newfound vibrancy, health, and happiness.

**how to lose weight working night shift: *Principles of Planning, Evaluation, and Research for Health Care Programs*** ( ) (Kay) M. M. M. Perrin, 2020-10-12 *Principles of Planning, Evaluation, and Research for Health Care Programs* provides a basic understanding of the importance of and the key approaches used to conduct health program research and evaluations.



The book also examines ethical and cultural competency issues unique to conducting evaluations. Additionally, it offers an introduction to systems thinking and its implications for evaluating the impact of interventions. Written with the undergraduate in mind, this book is ideal for students pursuing a wide spectrum of health careers. Through activities and case studies, readers will gain a solid foundation for understanding all aspects of evaluation while developing the critical thinking skills needed to dissect peer-reviewed publications as well as popular media health claims.

**how to lose weight working night shift: The Mystery of Sleep** Meir Kryger, 2017-03-21 An authoritative and accessible guide to what happens when we shut our eyes at night We spend a third of our lives in bed, but how much do we really understand about how sleep affects us? In the past forty years, scientists have discovered that our sleep (or lack of it) can affect nearly every aspect of our waking lives. Poor sleep could be a sign of a disease, the result of a vitamin or iron deficiency, or the cause of numerous other problems, both sleeping and waking. Yet many people, even medical personnel, are unaware of the dangers of poor sleep. Enter Dr. Meir Kryger, a world authority on the science of sleep, with a comprehensive guide to the mysteries of slumber that combines detailed case studies, helpful tables, illustrations, and pragmatic advice. Everyone needs a good night's sleep, and many of us will experience some difficulty sleeping or staying awake over the course of our lifetimes (or know someone who does). Kryger's comprehensive text is a much-needed resource for insomniacs; for those who snore, can't stay awake, or experience disturbing dreams; and for the simply curious. Uniquely wide ranging, *The Mystery of Sleep* is more than a handbook; it is a guide to the world of sleep and the mysterious disorders that affect it.

**how to lose weight working night shift: This Is Big** Marisa Meltzer, 2020-04-14 From a contributor to *The Cut*, one of *Vogue's* most anticipated books bravely and honestly (Busy Philipps) talks about weight loss and sheds a light on Weight Watchers founder Jean Nidetch: a triumphant chronicle (*New York Times*). Marisa Meltzer began her first diet at the age of five. Growing up an indoors-loving child in Northern California, she learned from an early age that weight was the one part of her life she could neither change nor even really understand. Fast forward nearly four decades. Marisa, also a contributor to the *New Yorker* and the *New York Times*, comes across an obituary for Jean Nidetch, the Queens, New York housewife who founded Weight Watchers in 1963. Weaving Jean's incredible story as weight loss maven and pathbreaking entrepreneur with Marisa's own journey through Weight Watchers, she chronicles the deep parallels, and enduring frustrations, in each woman's decades-long efforts to lose weight and keep it off. The result is funny, unexpected, and unforgettable: a testament to how transformation goes far beyond a number on the scale.

**how to lose weight working night shift: The Weight Loss Bible** Zachary Zeigler Ph.D., 2018-02-14 QVC pundits, infomercials, social media multilevel marketing schemes, and pimple-faced personal trainers are all making money off the concept that there is one thing you have been missing in your weight loss endeavor. They have found the answer (of course, no one else has found this mysterious elixir). And if you buy their supplement, workout video, piece of exercise equipment, protein shake, etc., then you will have the body of your dreams. This crafty weight loss industry is making fifty billion dollars per year on the back of failed weight loss attempts. The reality is, weight loss and weight maintenance is multifaceted with dozens of principles to consider and apply. This book is meant to be a tool and guide on your weight loss/maintenance journey. The chapters of this book discuss the hard facts on weight loss, why it is so hard to lose weight, and the many principles that need to be mastered to lose weight. The hope of the author is for the reader to be empowered with a better understanding of what it takes to lose weight and keep it off. Additionally, a plan called the twenty-four-hour weight loss plan is included that applies all concepts in the text.

**how to lose weight working night shift: International Molders' Journal** , 1918

**how to lose weight working night shift: Unemployment Compensation Interpretation Service**  
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Kelly C. Allison, Albert J. Stunkard, 2012-07-30 Experts in the field elucidate the complexities of night eating syndrome (NES) and detail effective strategies for treatment.

**how to lose weight working night shift: The 17 Day Diet Breakthrough Edition** Dr Mike Moreno, 2014-01-02 The New 17 Day Diet Breakthrough is a complete revision of Dr Mike Moreno's bestselling The 17 Day Diet, incorporating state-of-the-art research and techniques to help dieters lose weight faster and in the places they want. Adding three brand new chapters, new strategies, and more recipes, Dr Moreno ensures that his simple 17-day plan gives new dieters the most up-to-date scientific tools to help them lose weight fast, whilst giving veteran 17 Day Dieters more control and more choices as they shed pounds or maintain their ideal weight. Unlike many diet programmes that starve you down to size, Dr Moreno's revolutionary programme changes your calorie count and the foods you eat every 17 days. The variation keeps your metabolism guessing, so you burn fat every day. In addition, the book contains a 17-minute exercise programme that targets specific body parts for fat reduction, information on nutritional spot reduction and contour foods, foods that are metabolic boosters, fluids like green tea that increase satiety, and meal timing, plus lots of new recipes, inspiring testimonials and answers to frequently asked questions.

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**how to lose weight working night shift: The Belly Melt Diet** Editors of Prevention, 2013-08-13 Most women spend their entire lives fighting their bodies in an effort to lose weight. The latest research reveals that you need to work with your body to get the best results: There are actually right and wrong times to eat, exercise, and sleep—and what works for one woman may not work for the next. The Belly Melt Diet teaches women to tune into their own rhythms—not just their sleep/wake cycles, but also the cycles of their hunger hormones. Readers will also learn their best time to exercise, and how to tame the ups and downs of the menstrual cycle to maximize belly fat-burning, overall metabolism boosting, and the soaring energy and confidence that come with feeling balanced and achieving fitness goals. The simple 2-phase diet plan teaches women how to eat, exercise, and sleep at their best, with over 100 easy, delicious, fat-burning recipes, the Perfect Timing Workouts, and the newest research in chronobiology, the study of body rhythms. Real women who tried the Belly Melt Diet lost up to 19 pounds in just 5 weeks and embarked on a slimming, energizing, revitalizing lifestyle that will stay with them for good.

**how to lose weight working night shift: Journey to Forever** Carol Steward, 2011-02-21 Eight Days and 300 Miles That was how long privileged fledgling journalist Nikki Post had to deal with notorious radio personality Colin Wright and the staff on his eight-day fund-raising trek from New Mexico to Wyoming. Yet instead of the immature prankster she'd been warned to expect, Colin was generous and handsome—with a smile that reached the depths of Nikki's soul. As the days counted down, he helped her write the article for her grandfather's newspaper—and a kiss shortened the distance between them. But when trouble threatened to bring the trip to a premature end, would Nikki's role in Colin's life end, as well...or continue forever?

**how to lose weight working night shift: Weaving Work and Motherhood** Anita Iltis Garey, 1999 In American culture, the image of balancing work and family life is often represented in the glossy shot of the executive-track woman balancing cell-phone, laptop, and baby. In Weaving Work and Motherhood, Anita Iltis Garey focuses not on the corporate executives so frequently represented in American ads and magazines but, rather, on the women in jobs that typify the vast majority of women's employment in the United States. A sociologist and work and family expert, Garey situates her research in the health service industry. Interviewing a racially and ethnically diverse group of women hospital workers -- clerical workers, janitorial workers, nurses, and nurse's aids -- Garey analyzes what it means to be at once a mother who is employed and a worker with children. Within the limits of the resources available to them, women integrate their identities as workers and their

identities as mothers by valuing their relation to work while simultaneously preserving cultural norms about what it means to be a good mother. Some of these women work non-day shifts in order to have the right blocks of time at home, including, for example, a registered nurse who explains how working the night shift enables her to see her children off to school, greet them when they return, and attend school events in the way she feels good mothers should -- even if she finds little time for sleep. Moving beyond studies of women, work, and family in terms of structural incompatibilities, Garey challenges images of the exclusively work-oriented or exclusively family-oriented mother. As women talk about their lives, Garey focuses on the meanings of motherhood and of work that underlie their strategies for integrating employment and motherhood. She replaces notions of how women balance work and family with a better understanding of how women integrate, negotiate, and weave together their identities as both workers and mothers. Breaking new ground in the study of work and family, *Weaving Work and Motherhood* offers new insights for those interested in sociology, gender and women's studies, social policy, child care, social welfare, and health care.

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