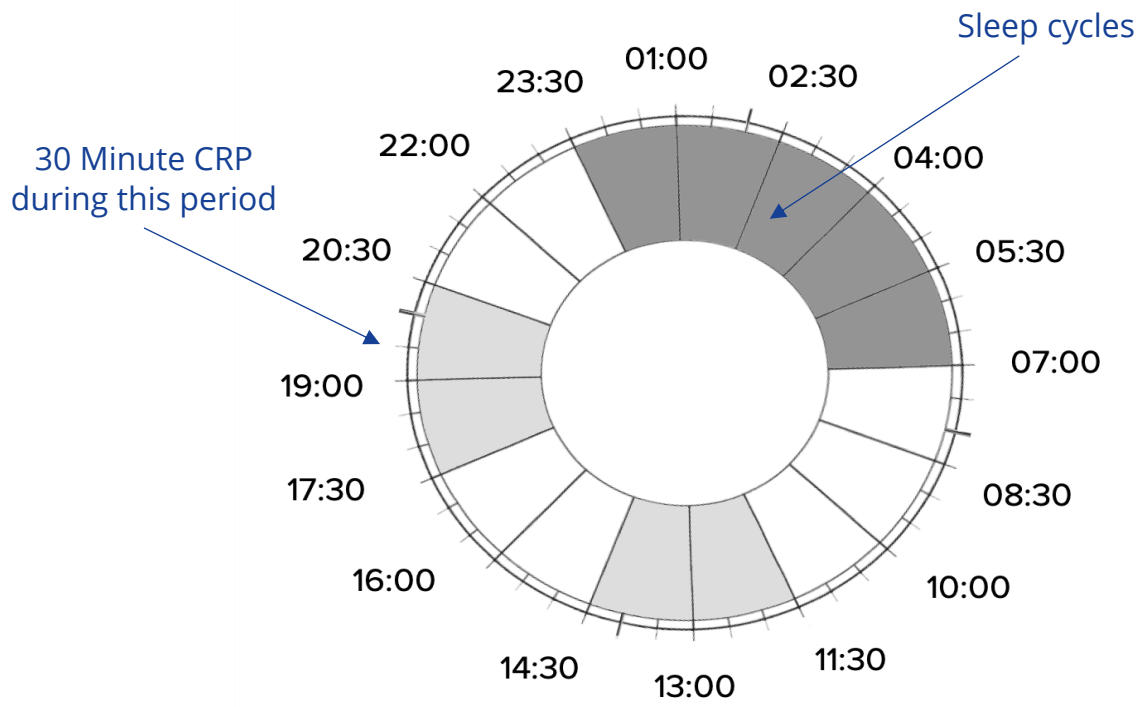
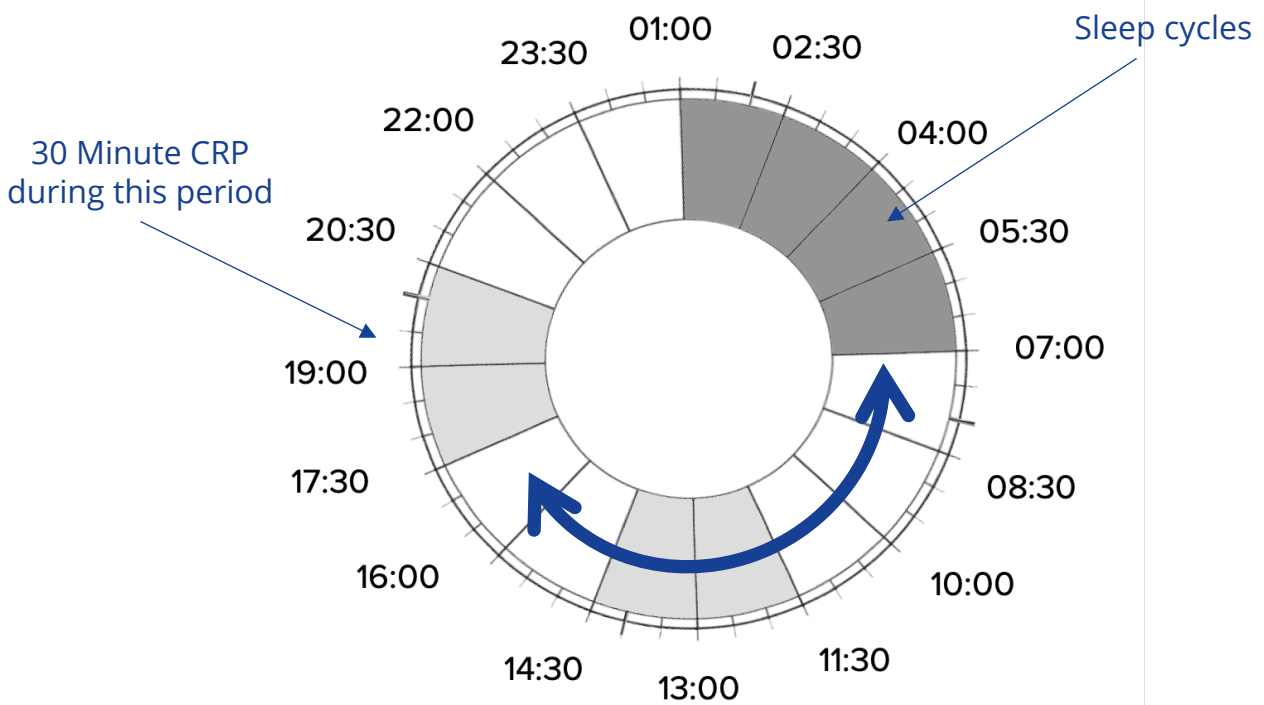


SHIFT WORKER'S ROUTINE

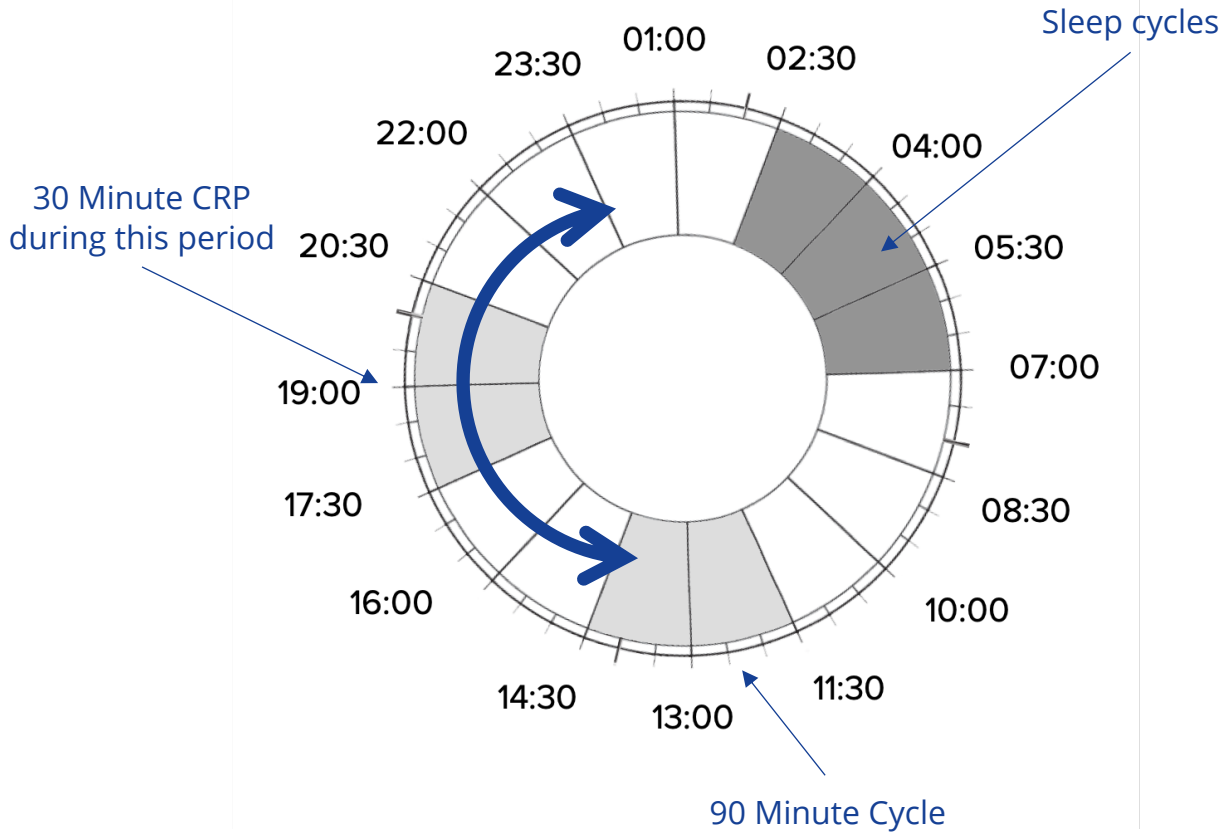
REST DAY



DAY SHIFT (7AM - 5PM)



LATE SHIFT (2PM - 12AM)



NIGHT SHIFT (12AM - 7AM)

