Shift work linked to depression

The story

People who start work outside of the regular 9 to 5 are at a higher risk of poor mental health.

A new study of UK workers has found those who work shifts are more likely to suffer from depression and anxiety.

Smoking, lack of sleep and exercise are more common among shift workers.

In the study, shifts are defined as work which starts outside 9am to 5pm.

Key words and phrases

tied to

linked to

• The police tied Harry to the crime after they found his fingerprints at the scene.
• Getting a good night's sleep is tied to living a longer and healthier life.

after all

a different result to what you expected

• I thought the festival would be cancelled, but it went ahead after all.
• I wasn't sure about the food. It didn't look good, but it tasted great after all.

odd

unusual

• That's odd. Katrina is never late. I hope she's OK.
• We went to a strange museum. It had a lot of odd artefacts.