CREATOR | PRODUCER:
Julius-Cezar MacQuarie | NIGHTSPARKS

GUEST:
Dr Marion Roberts, Emeritus Professor, Westminster University, London | UK

PEOPLE: Operations Manager, Professor, Outreach Workers, Sex Workers, Fire Fighters

PLACES: London (UK) | Budapesta (HU) | Sofia (BG)

CHRONOLOGICAL PERIODS:
Contemporary

THEORETICAL APPROACHES:
Ethnographic theory

TOPICS:
Night-Time Economy
Capitalism, Globalisation
Transnational Migration
Sexual & Public Health
Bodily Rhythms
Circadian Rhythms
Safety, Fire Fighting

DISCIPLINES:
Social Anthropology, Sociology

UNIT:
Centre of Policy Studies
night because he was able to take care of their children, take them to and pick the kids from school in the after-
noons. He saw his wife for two hours a day when she
went to work. He's made his own little ritual of length-
sleep before the night shift. We heard in episode two
a similar story from Phil, a fire fighter born and bred
in London. He was also involved in the upbringing of
his two sons. He was able to be present at all important
moments of his chil-
dren's lives, like school parents' meetings or birthdays.

I found across the board that night workers were not
equally concerned about the impact of night shift work
on their health. Though they spoke about how little sleep
got by after a night shift, they did not see it as a
problem or something to change. I found that they
form an idea that is best illustrated through the model
of a bio-automaton. Human bodies travelling at night to
work, and often commuting when the rest of the city
sleeps, have limited routes of transport and modes of
travel through the city. Besides long hours of travelling,
the night shifts often extend beyond the legally allowed
eight to twelve hours per night. Yet managing authori-
ties do not inspect as expected how many hours the
workers travel on a particular site. They also do not in-
tervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.

I think it's worth mentioning that I've worked as a
night worker, and that my doctor was able to make a
diagnosis of fibromyalgia by the end of it all. I also
noticed that the night work was not only a physical
problem, but also a psychological one. I found that
many night workers have limited routes of transport and
modes of travel through the city. Besides long hours of
travelling, the night shifts often extend beyond the legally
allowed eight to twelve hours per night. Yet managing
authorities do not inspect as expected how many hours
the workers travel on a particular site. They also do not
intervene on sites where privately owned businesses ex-
posed workers to night shifts. For example, in eight
people, in eight months of loading fruits and vegetables,
accumulated pains and soars in my body would last long
off after I finished my doctoral fieldwork, in 2015.
the worm, but the sleepless one”.
In this vein, the price paid by the armies of sleepless workers highlights grosser inequalities between day and night workers, gender gaps in both pay and access to job sectors commonly thought as male dominated.

You’ve been listening to nightworkpod, a podcast about working the nightshift. Nightworkpod is produced by me, Julius-Cezar MacQuarie. I created the first series of nightworkpod between London and Budapest. Please tune in for our next series in which the people working the night shift, meet the researchers and writers who explores those lives.