	goods and "products". The financial situation associated with education and employment is a significant factor while choosing a particular lifestyle. Analysis of value systems demonstrates that amongst the group of autotelic values, wisdom, health and self-respect and amongst the instrumental values honesty, ambition and independence are on the top. Values appreciated by the youth are a significant correlate to their preferred lifestyles. Keywords: youth, lifestyles, system of values
Saadat S **GICICHLSR1717071**	**Early versus Late Nap during Night Shift and its Association with Psychomotor Driving Performance of Nurses** **Saadat S** **Sina Trauma and Surgery Research Center, Tehran University of Medical Sciences (TUMS), Tehran, Iran** **Sadeghian F** **Department of Rehabilitation, School of Rehabilitation, Iran University of Medical Sciences, Tehran, Iran.** **Ashaiery H** **Department of Rehabilitation, School of Rehabilitation, Iran University of Medical Sciences, Tehran, Iran.** **Alimohammadi I** **Department of Occupational Health, School of Public Health, Iran University of Medical Sciences, Tehran, Iran.** **Karbakhsh M** **Department of Community Medicine, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran.** **Background:** Sleep deprivation leads to fatigue and sleepiness among health care workers and can result in road traffic collisions (RTC) after their shift. Planned napping is one of the main solutions proposed to avoid this problem. **The present study aimed at assessing the effect of 2 nap times during the night shift on psychomotor driving skills (that are required for safe driving) among night shift nurses.** **Material and methods:** A cohort study was conducted on 23 night shift nurses. The nurses completed the 8 tests of the validated traffic psychological assessment battery of Vienna Test System (VTS) before the night shift at 6 PM, and they repeated the same set of tests after the night shift at 8 AM. **Data were compared based on the nap times (00:00–03:00 AM versus 03:00–06:00 AM), which were chosen by the night shift nurses.** **Results:** Nurses aged 23 to 36 years participated in this study. Their driving experience was 7.6 ± 4.6 years, and 34.7% reported RTCs in the previous year. The nurses who chose to take naps from 00:00 to 03:00 AM showed a significantly improved time-movement anticipation ability in driving compared to those who napped from 03:00 to 06:00 AM (p-value = 0.005). **Conclusion:** Our study shows that speed and movement anticipation (ZBA Test) improved in the 00–03 nap group compared to the 03–06 group. Anticipation is a highly important psychomotor ability for safe driving. The ZBA test could be related to the ability of estimating the

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