What aspects of shift work cause most problems and are most prevalent – a national representative sample

Conclusion:
Short forward planning, split duty, and short time off between shifts were the main factors constituting work hour problems. Night work or morning work appears to be of less widespread importance. This needs to be considered in future research on shift work.

Methods
The questions were of the type: “do you have night work (at least 4h between 2400h and 0600h) at least once a month”. The response was yes/no and a “no” was followed up with: “Is this a big problem for your” – yes/no (see results for other questions). In addition, questions on sleep problems, fatigue, health, and risk were included. A sample of 16000 individuals in the regular labor market survey interviews were asked if they had work hours outside of day work. Those who responded “yes” were asked if they would respond to a short questionnaire on work hours. The response rate to the questionnaire was 81%. For the shift workers.