



The interplay between work, sleep and health over time

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The overall aim of the present doctoral thesis is to investigate the impact of sleep on work performance and health on a day-to-day basis. Further on, these parameters will be investigated in relation to three different interventions, namely reduced working hours for employees in the public sector (Study I), a CBT-based psychological treatment in primary care (Study II) and a CBT-based sleep school for employees within the retail sector (Study III).

Method Study I

This is a longitudinal quasi-experimental study. The intervention of reduced work-time from 8h to 6h a workday continued during 2 years. Participants were 410 actively working adults (265 in the intervention group and 145 in the reference group). Data was collected in 2005-2006 through questionnaires and sleep diaries during one week before the intervention, one week approximately one year after the intervention was introduced and one week 20 months after the introduction of the 6 hour working day. Blood-samples were also collected at these time points.

Method Study II

This is an ongoing longitudinal intervention study. The study includes 50 working adults (active or on sick-leave) undergoing a psychological treatment in primary care (for depression, primary insomnia or stress diagnosis). The treatment starts with a



self-help program under therapeutic support. For those who do not improve in symptoms after nine weeks, a randomization is made and participants continue with either the self-help program or individual CBT. Data is collected through sleep diaries and actigraphs during one week before the psychological treatment and one week after the treatment has ended. Further on, several web-based questionnaires are filled in every week during the treatment.

Method Study III

This is a randomized controlled trial starting in September 2014. Sixtyfour employees working at least 75% within the retail sector will be randomized into one intervention group and one control group (waiting list). The sleep school consists of five sessions lead by a clinical psychologist.

Data will be collected through sleep diaries and actigraphs during 12 days before participating in the sleep school, twelve days after the sleep school has finished and 12 days six months later. Web-based questionnaires on the psychosocial working situation will also be filled in before and after the sleep school as well as during follow-up.