Mainly stress related variables were significantly related to disturbed sleep. Traditional criteria of socioeconomic status did not relate to sleep, but subjective estimates of one’s own status did.

### Results & Conclusions

#### Results

There are no differences in the risk of poor sleep quality between different occupational groups. However, subjective socioeconomic status showed a significant OR (0.80 95% CI 0.77-0.84) for poor sleep quality. Exposure to noise, bad light and unpleasant temperatures related to poor sleep quality when controlling for SES, gender and age, but became insignificant in the fully adjusted model. The psychosocial variables showed the strongest ORs; stress (OR 2.80 95% CI 2.35-3.35); work-family conflict (OR 2.18 95% CI 1.29-2.59); job strain (OR 2.41 95% CI 1.72-3.41) and family-work enhancement (OR 0.62 95% CI 0.52-0.73).

#### Conclusions

Mainly stress related variables were significantly related to disturbed sleep. Traditional criteria of socioeconomic status did not relate to sleep, but subjective estimates of one’s own status did.