



## Involuntary labour market exit and risk of poor health and sleep problems amongst Swedish workers aged 50 years and over.

Martin Hyde, Hugo Westerlund  
Stress Research Institute, Stockholm University, Stockholm, Sweden

### Background

For some early labour market exit is a huge benefit. For others involuntary labour market exit (ILME) can have negative consequences. The aim of this study was to examine whether ILME in later life leads to poor health and/or sleep problems for older Swedes.

### Methods

The data are from the Swedish Longitudinal Occupational Study of Health (SLOSH). The analyses were restricted to respondents who had left work between any of the waves and who were aged 50 years and over when they left (N = 868). Respondents were asked whether they left work by choice. Poor health was measured with a single item. Sleep problems were measured using the KSQ. Logistic regression analyses were performed controlling for age at LME, sex, marital status, income and baseline measures of health and/or quality of sleep.

### Results

The results indicate that ILME was associated with a risk of developing poor general health (OR, 2.01, CI 1.32-3.31). However there was no statistically significant effect of ILME on the likelihood of reporting disturbed sleep (OR, 1.41, CI 0.84-2.37) or problems awakening (OR, 1.58, CI 0.93-5.69).

### Conclusion

The analyses show that ILME in later life carries a risk of poor health in Sweden. These results are in line with earlier studies in the USA. The lack of an effect on sleep could reflect a decrease in daily stress amongst those who have left the labour market.

