



The effect of a sleep school at the workplace - a randomized controlled intervention study

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Introduction & purpose

- Sleep problems among employees may increase the risk of poor health and impaired work performance.
- The aim of this study was to investigate if a sleep intervention based on group cognitive behavior therapy (CBT) – called sleep school and administered at the work place – may improve sleep and daily functioning among employees within the retail business.

Methods

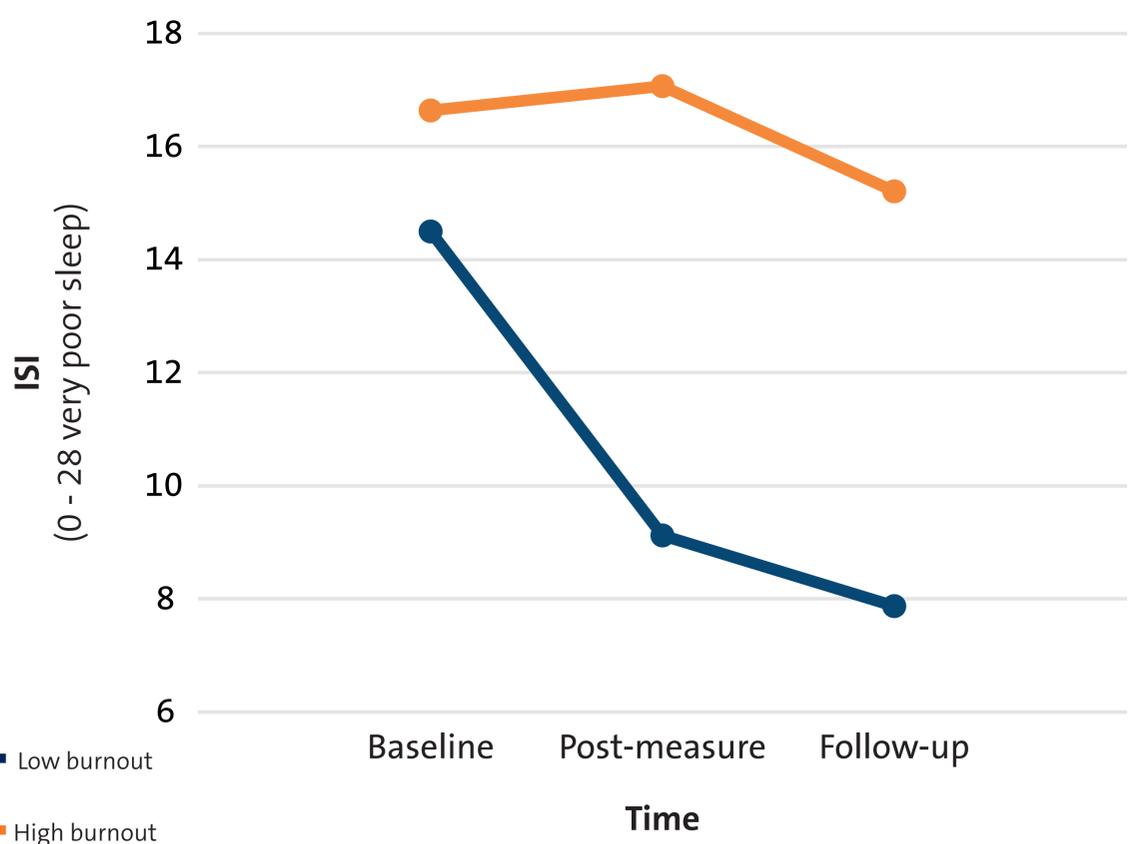
- Participants (N=55) were randomized into intervention group and (waiting list) control group.
- Worked at least 75% of full time and reported moderate sleep problems when included in the study.
- The sleep school proceeded during five sessions over three months.
- Measurements at baseline, post-intervention and at a three-month follow-up.
- Diaries, actigraphy and questionnaires including the Insomnia Severity Index (ISI) and the Shirom-Melamed Burnout Questionnaire (SMBQ) were used.

Results

- A multilevel mixed-model showed no significant differences between groups over time on sleep quality or daily functioning.
- When SMBQ-baseline was entered in the model, the interaction of group*time ($p=.044$) was significant.
- Individuals with low burnout at baseline (SMBQ<3.75), displayed significantly reduced sleep problems at follow-up as compared to the control group ($p=.005$).
- The low-SMBQ subgroup showed a 43% decrease on ISI from baseline to follow-up, the high-SMBQ subgroup decreased only 9%.



The degree of insomnia over time as a function of the degree of burnout at baseline



Conclusion

- A CBT-based group intervention administered at the work place did not improve sleep or daily functioning. However, insomnia symptoms were reduced for employees who suffered from sleep disturbances only – without additional severe stress problems.