



# Insomnia Symptoms And Time Use In The Working Population

## - An Explorative Study Using Diary Data

Helena Schiller<sup>1</sup>, Mats Lekander<sup>1,2</sup>, Kristiina Rajaleid<sup>1,3</sup>, Torbjörn Åkerstedt<sup>1,2</sup>, Göran Kecklund<sup>1,4</sup>

<sup>1</sup>Stress Research Institute, Stockholm University, Stockholm, Sweden, <sup>2</sup>Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden, <sup>3</sup>Centre for Health Equity Studies, Stockholm University/Karolinska Institutet, Stockholm, Sweden, <sup>4</sup>Behavioural Science Institute, Radboud University, Nijmegen, The Netherlands

### Introduction & purpose

Insomnia symptoms in the working population might be related to insufficient time for recovery between workdays. The aim of the present study was to investigate differences in time-use pattern during a workweek between employees with insomnia symptoms and employees considered to be good sleepers.

### Methods

Participants (N=579; 76% women) were full-time workers within the public sector in Sweden. Data were collected during one week through questionnaires and diaries. Time-use was reported through 13 different activity categories every half hour daily between 06:00 am and 01:00 am the next night. Differences in the amount of paid work (including overtime), non-paid work (including domestic work, care for children and care for others) and free-time/recovery activities were explored on workdays and days off separately.

### Results

Among participants, 22% were classified as suffering from insomnia according to the Karolinska Sleep Questionnaire. During workdays, employees suffering from insomnia spent on average 7:59 hours (h) on paid work, 1:46 h on non-paid work and 5:58 h on free-time/recovery activities. For good sleepers the corresponding time-use was 8:03 h for paid work, 1:34 h on non-paid work and 6:02 h on free-time/recovery activities. Analyses of variance showed that time-use patterns did not differ significantly between the groups, even when adjusting for gender and age. On days off, there were similarly no significant differences between the groups.

### Conclusion

Insomnia symptoms do not seem to be related to time-use among full-time workers in the public sector in Sweden.

