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1981 sleep questionnaires were mailed 430 came back **233** available for study

Age : from 19 to 71, average 45,4 Sex ratio 74 females - 159 males







During working periods 51% have a sleep loss 76% extend sleep time During rest periods





< 3 times

than sleep induction trouble.

Think about comportmental therapy and stimulus control technic

 75%
 86%

 25%
 14%

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Unusual working hours give an important loss of sleep. See : www.svs81.org

They sleep longer in the morning, 1h13 more (about one sleep cycle)

« During sleep do you wake up ? » *P-value* < 0.0001 81% Rest time Sleep disorder is more the fact of fragmentation Adjustment sleep disorder : acute stress, environmental...



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« The Bed » (1892) Henry de Toulouse-Lautrec Albi France

Every night	Snoring					
Sometimes Never Do not know	18% 55% 18% 9%	BMI- kg/m ² 25,53 24,34 23,24 22,54	 There is influential connections between weight and snoring Suspicion of Obstructive sleep apnea syndrom Observation : Durable snoring+BMI>26 =11% 			
 There is connections between snoring and the 		Snoring	Every night	Sometimes	Never	Don't knc
need of nap.More snoring is i	R.E. Mar	Need of a nap at work	71%	56%	51%	45%
more the need of nap exists.		Practise nap at work	39%	19%	26%	13%



MANAGERS' SLEEP

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(1) Occupational Health, MSA Tarn-Aveyron, Albi, France; (2) Sleep Laboratory, Fondation Bon Sauveur, Albi, France; (3) CRAM Midi-Pyrénées, Toulouse, France Introduction: Since 1996, SVS 81 association (www.SVS81.org) has worked for a better concern of sleep disorders, alertness and security at work. A survey allowed us to write educative documents for occupational medicine and shift workers. During 2003, it appears to be clever to study managers' sleep (plants managers, craftsmen, executive managers...). Methods: Managers of 1981 corporations in Tarn area (France) were investigated with a sleep questionnaire. These constitute an objective data determinated by stratification, including the kind of activity, size and legal fields of the companies. Results: We analysed 233 completed files out of 430 we got back. There were 159 (68%) males and 74 (32%) females. The mean age was 45,4 years: age ranged from 19 to 71 years. They have excessive daytime sleepiness, 41% struggles against the need of sleep, sometimes or often, during working hours. Fifty one per cent have insufficient sleep syndrome during work periods. Extrinsic insomnia (environmental, adjustment) concerns 41 % during work periods versus 19 % during holidays. Eleven per cent

