Since 1996, SVS 81 association (www.SVS81.org) has worked for a better concern of sleep disorders, alertness and security at sleep day. They sleep longer in the morning, 1h13 more (about one sleep cycle).

**1981 sleep questionnaires were mailed**

430 came back

| Age | Sex ratio | 74 females - 159 males |

**Sleep quality**

Do you think you sleep good?

Have a good sleep

- Working time: 81%
- Rest time: 81%

**Sleep disorder**

During sleep disorder does it take you to fall asleep?

- Less than 30': 31%
- 30' to 1h13: 27%
- 1h13 to 3h07: 39%
- More than 3h07: 13%

**Sleep quality**

How long does it take you to fall asleep?

- Less than 30': 70%
- 30' to 1h13: 16%
- 1h13 to 3h07: 14%
- More than 3h07: 9%

**Sleep disorder**

During sleep do you wake up?

- Less than 30': 63%
- 30' to 1h13: 26%
- 1h13 to 3h07: 11%
- More than 3h07: 10%

Do you think you sleep good?

- Working time: 81%
- Rest time: 81%

**Adjustment sleep disorder**

Acute stress, environmental...

Sleep disorder is more the fact of fragmentation than sleep induction trouble.

Think about comportmental therapy and stimulus control technique.

**Nap: the way to recover**

- Do you feel like taking a nap?
- 37%
- 63%
- To take a nap is a « good drug »!

**Unusual working hours**

Do you take a nap on working period?

72%

Do you take a nap after work?

7%

**Managers’ Sleep**

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**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, craftsman, executive managers…). **Methods:** Managers of 1981 corporations in Tarn area (France) were investigated with a sleep questionnaire. These constitute an objective data determined 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 would have obstructive sleep apnea syndrome and 21% use hypnotic drugs. Fifty seven per cent would “love” to take a nap. It seems that more work time is long, more the need of nap is important.

**Conclusions:** Sleep/wake disorders of managers are the same as the rest of workers. They ask for information. SVS 81 carries out a new document to give them a better health promotion.