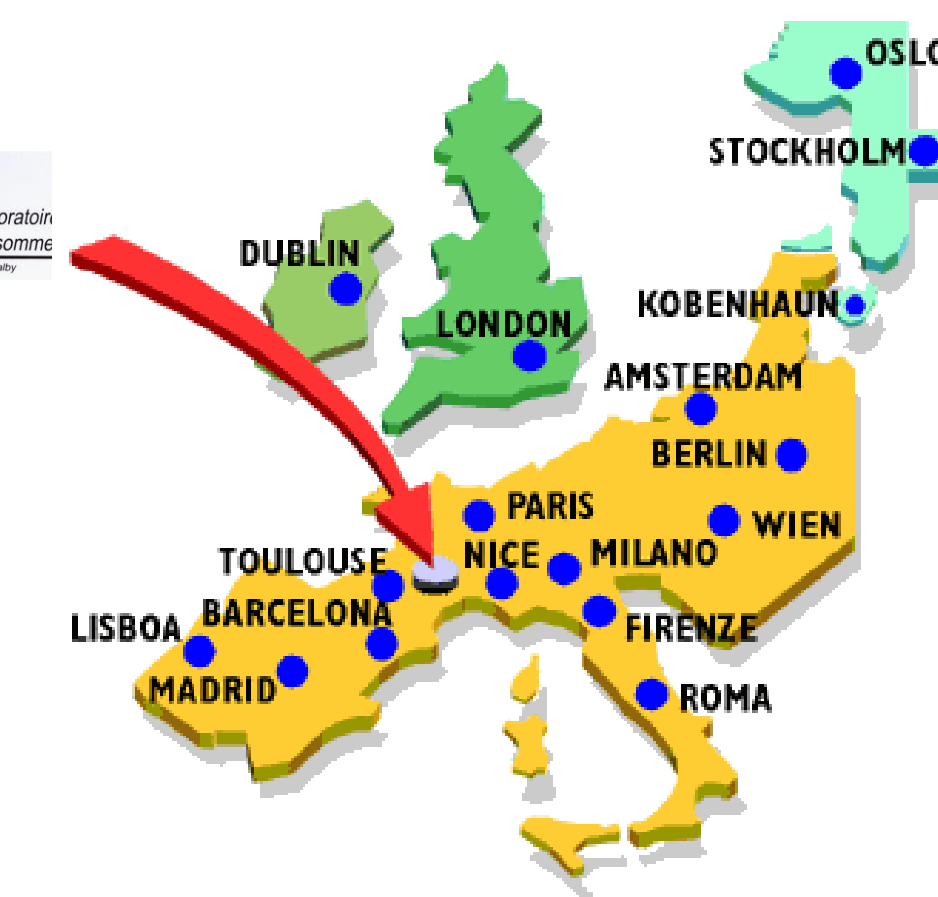




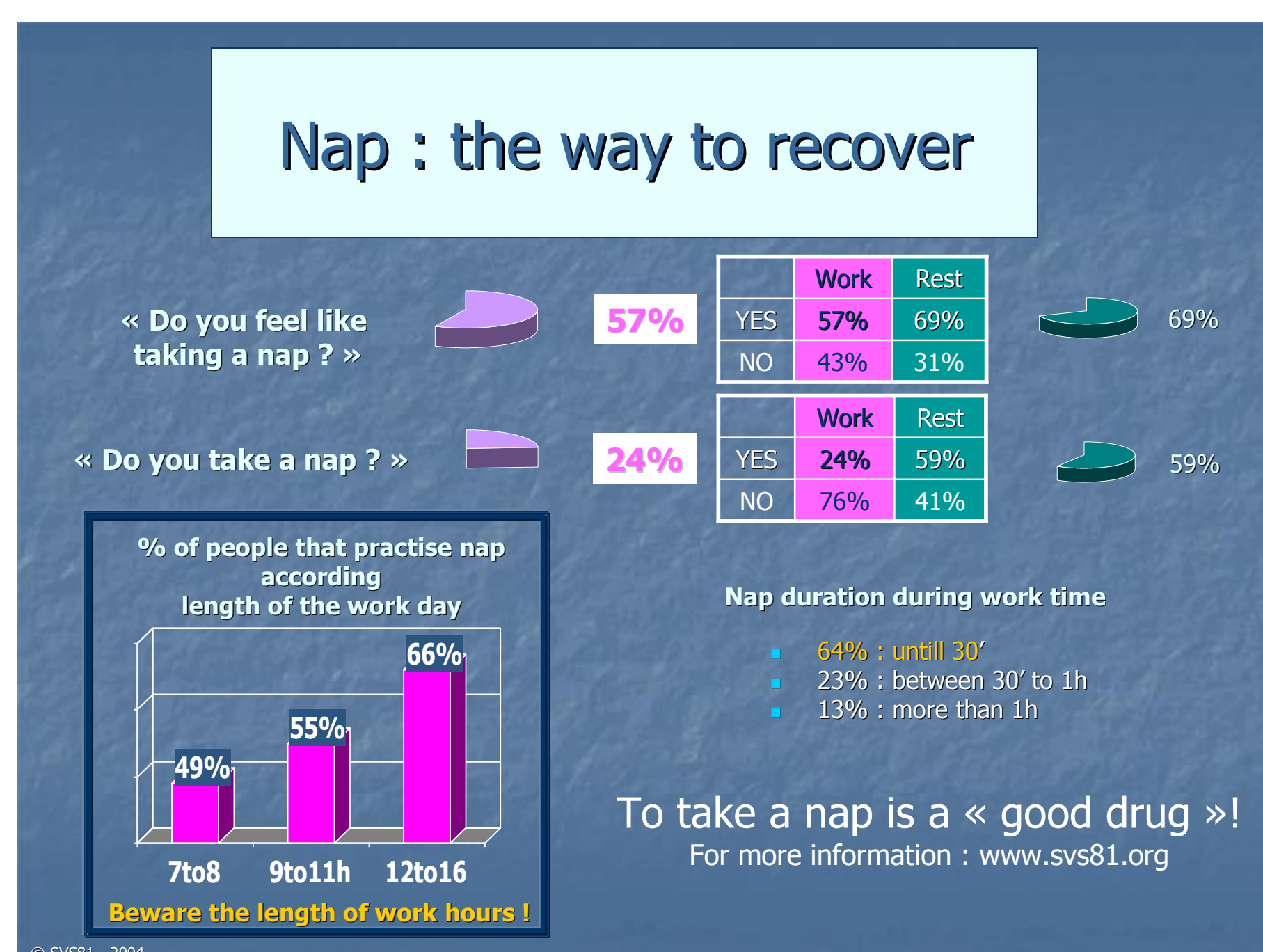
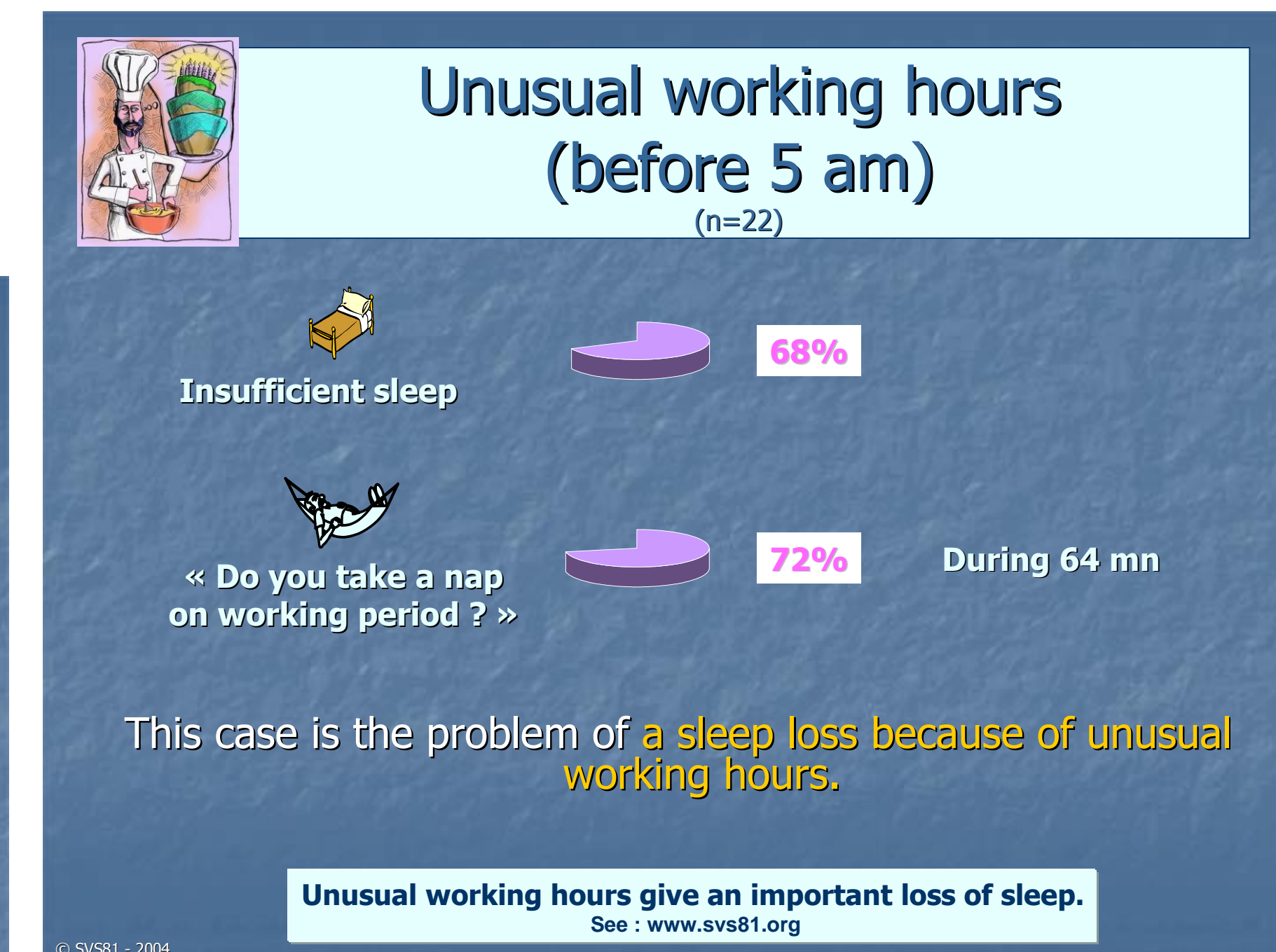
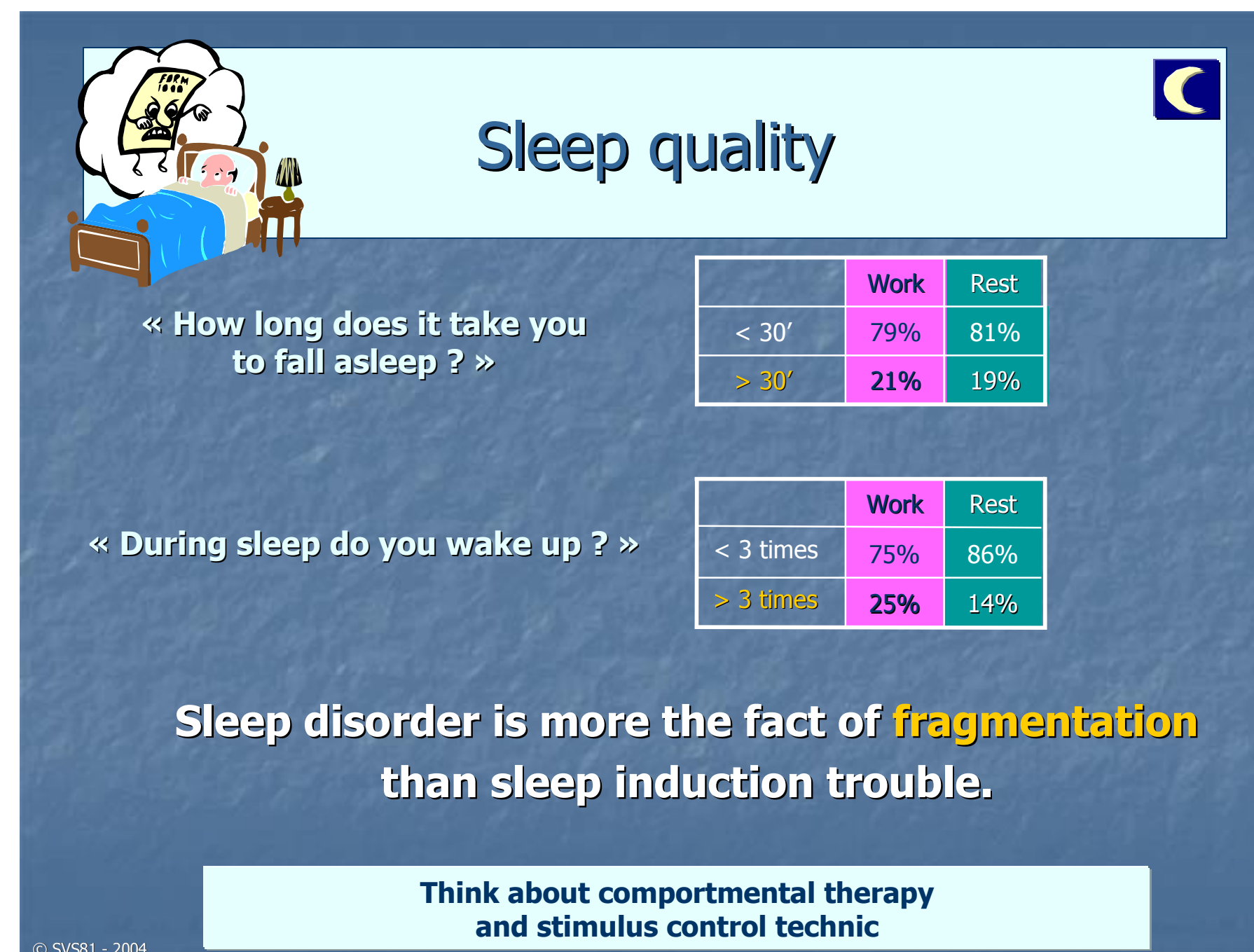
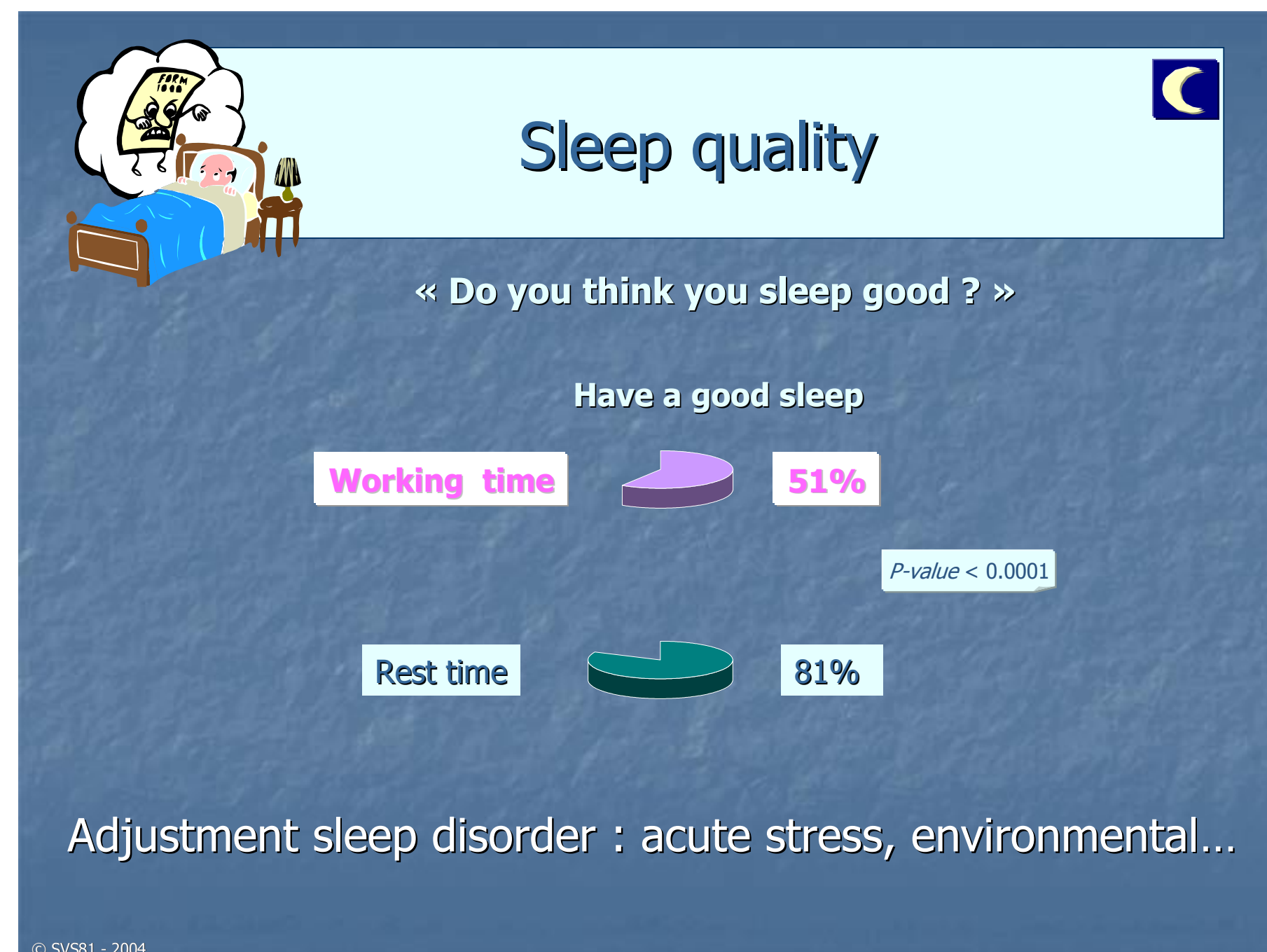
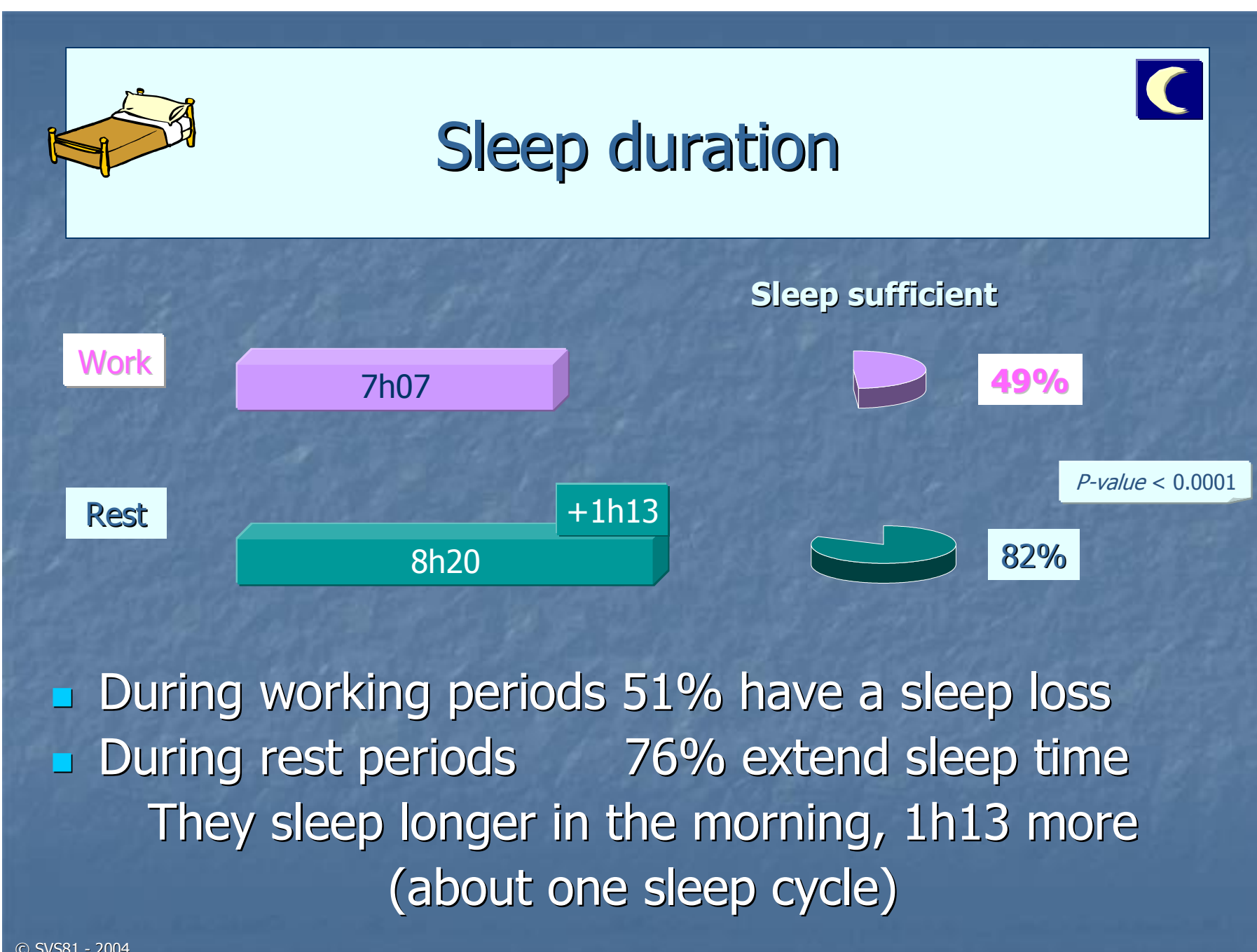
17th International Symposium on Epidemiology
in Occupational Health
13-15 October 2004 Melbourne, Australia

Manager's Sleep

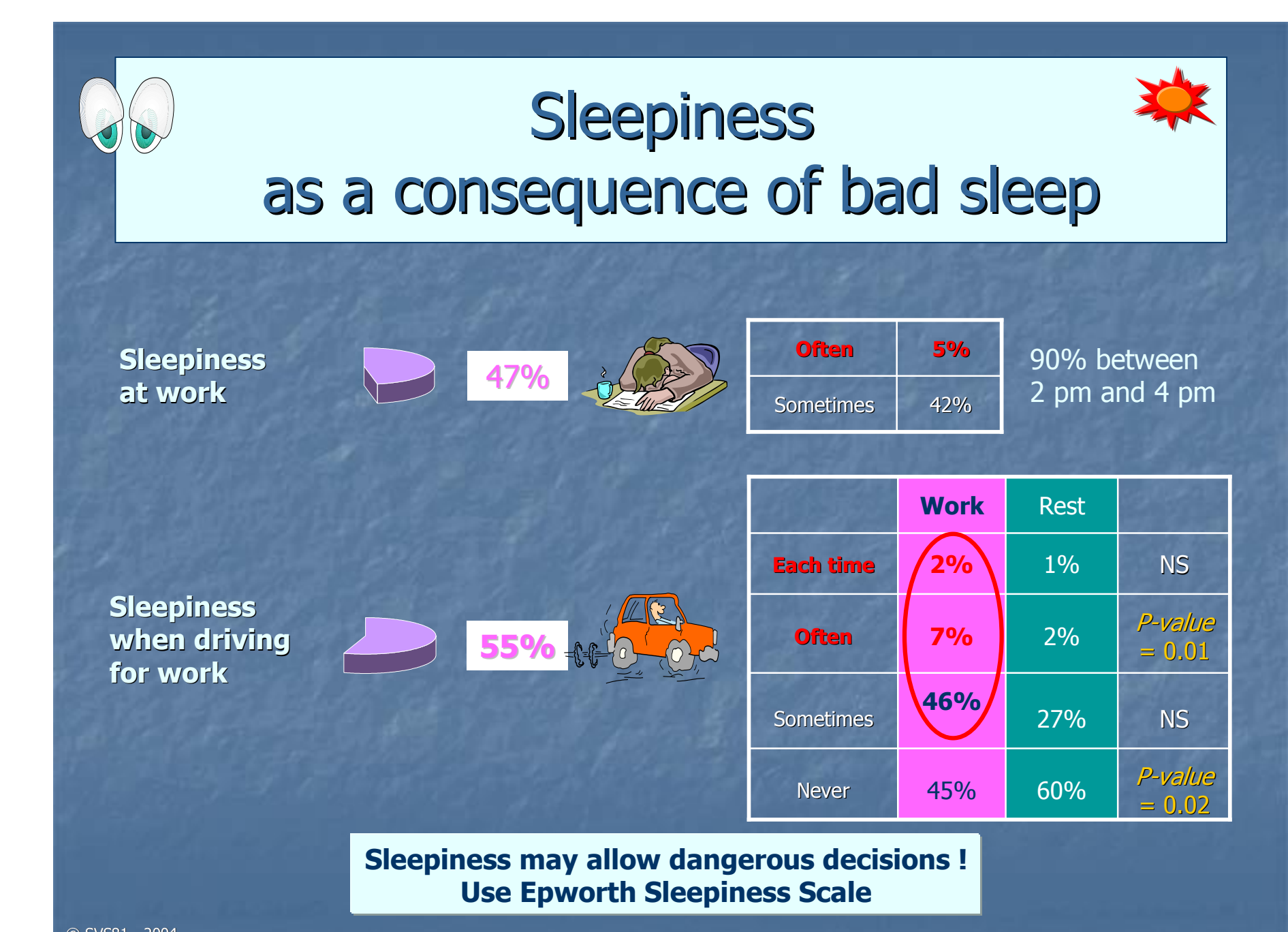
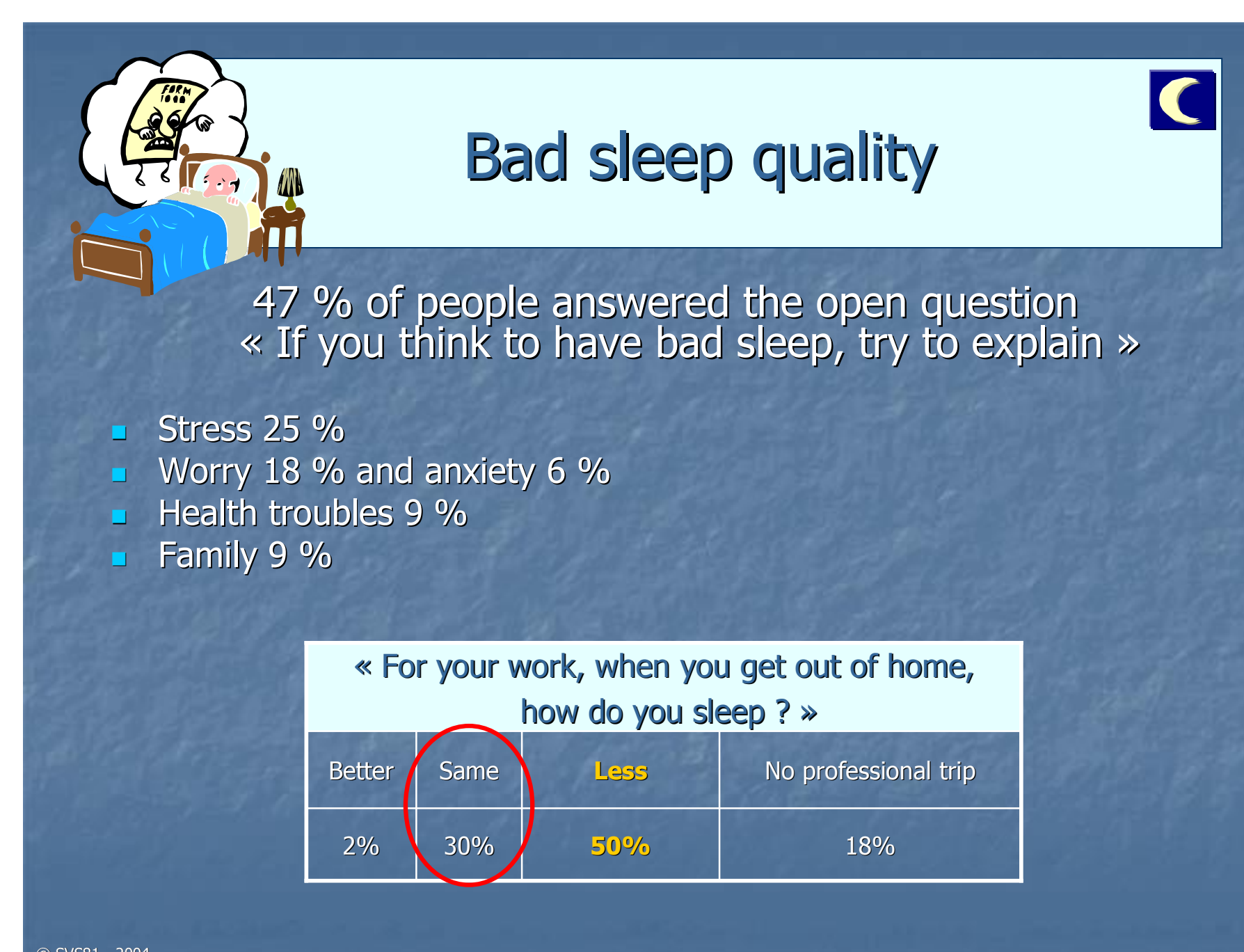
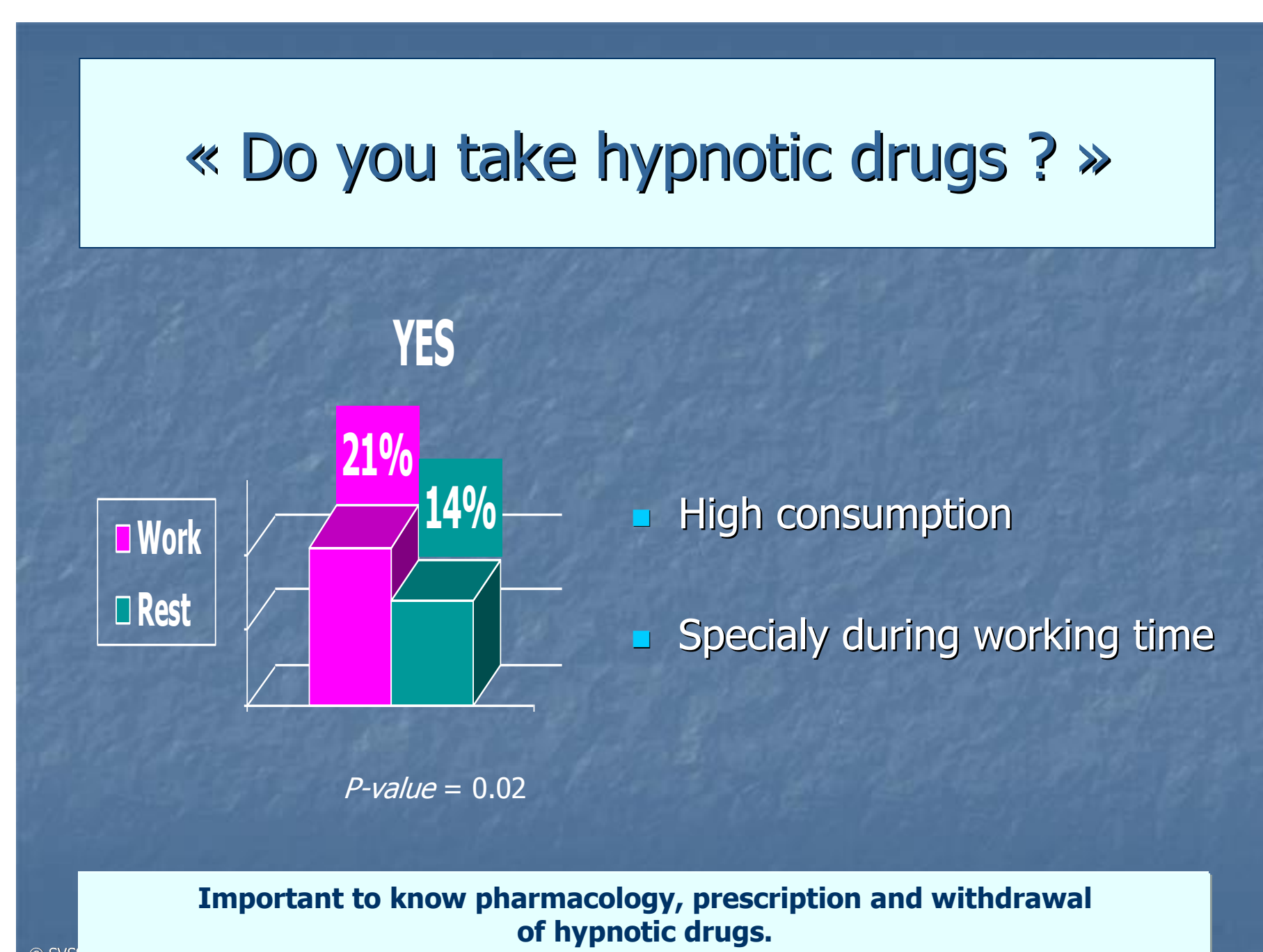
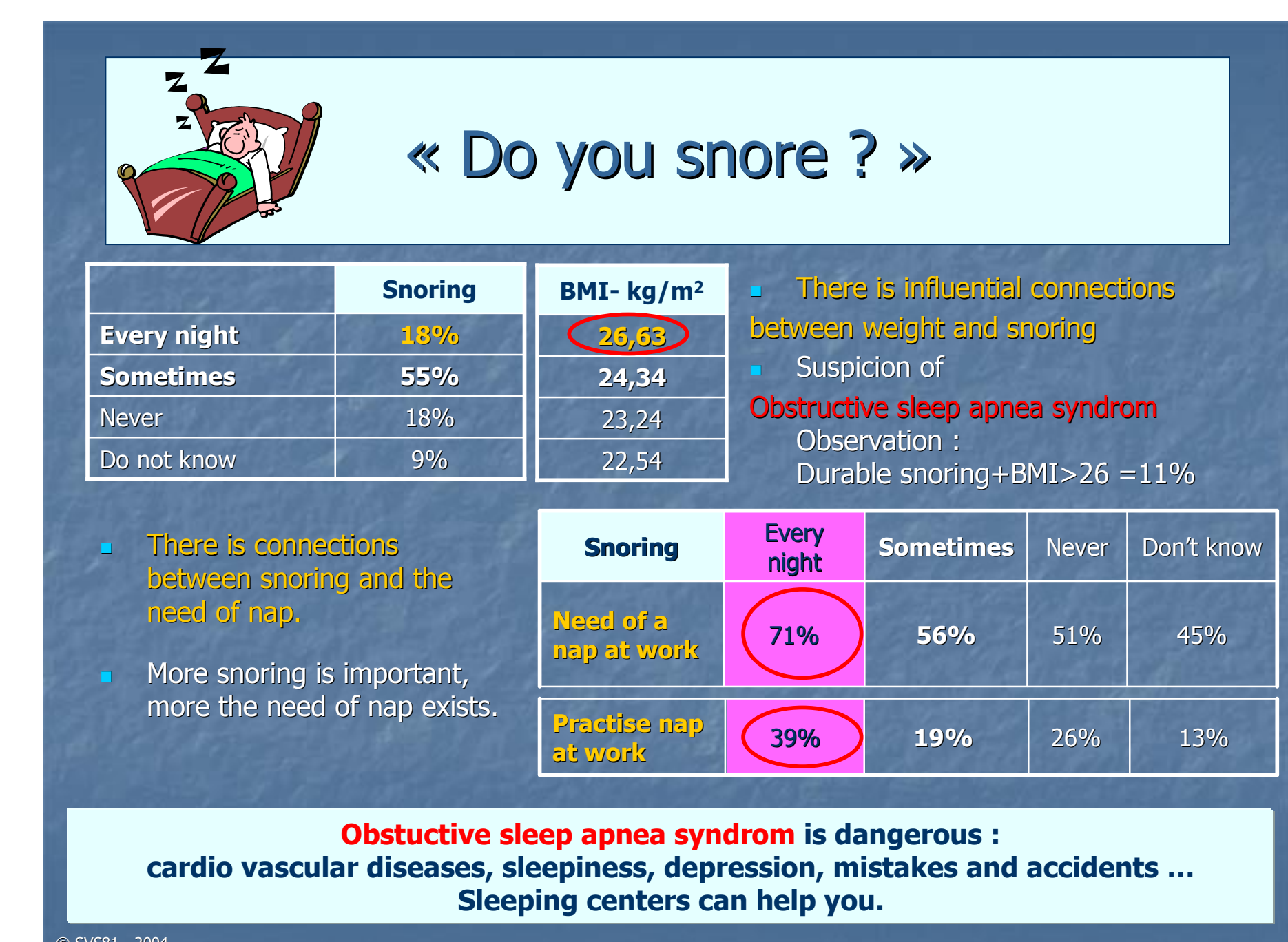
Delanoë Marc, Blanc Jean-Gilbert, Harmandon Francine, Mullens Eric
svs81.org



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



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



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, craftsmen, 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.