

MLaE proposal

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Research Interest

- ▶ We wanted to know if WFH workers sleep less, and if so, what factors
- ▶ Under the pandemic, although there are many inconveniences, working from home undoubtedly saves workers' commuting time.
- ▶ And if working from home becomes a common measure, the choice of housing location for workers does not need to be very close to the city center, this helps reduce inequality between regions.
- ▶ The current known disadvantages of working from home are: less face-to-face social time, less exposure to sunlight.
 - ▶ These factors may all contribute to poorer sleep among home workers.

Data Source

IPUMS Time Use 2015~2021

Potential problem

We have only sleep time data

- ▶ We have no data to measure sleep quality, only sleep time.

Solutions

- ▶ use repeated cross-sectional data.
- ▶ The changes in the sleep time of the experimental group and the control group were tracked through time-series data.

Model

Consider the following two model

$$D_i = f(\text{state}_i, \text{ind}_i, \text{Occ}_i, \text{age}_i) + u_i$$

$$\text{SleepTime}_i = D_i + \text{Married}_i + \text{Inc}_i + \text{Sex}_i + \text{NumChildren}_i + \epsilon_i$$

- ▶ Where D_i is a binary variable, $D_i = 1$ if i works from home, $D_i = 0$ o.w.