

Between Office and Bed

Sleep Research Trends in Occupational Health Psychology

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- Dynamically and reciprocally linked to diurnal activity (work & nonwork)

Sleep research trends in occupational health psychology

Substantive

- ***Päivi Vanttola et al (FI)***
Multimethod perspective on the day-to-day interplay between work stress (self-report + cortisol) and sleep quality in knowledge workers
- ***Jan Häusser et al (DE)***
Hindrances vs. challenge demands, work-related rumination, and sleep quality
- ***Alfredo Rodríguez-Muñoz et al (ES)***
Employee's and spouse's sleep implications of exposure to bullying at work

Methodological

- ***Luca Menghini et al (IT)***
Critical review and practical recommendations on ambulatory sleep assessment tools in OHP
- ***Rob Hickman et al (GB)***
Ongoing studies with employees and NHS patients highlighting the advantages and pitfalls of using wearable sleep trackers in OHP