Between Office and Bed Sleep Research Trends in Occupational Health Psychology

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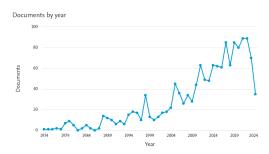


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- Complex phenomenon manifesting at multiple levels (physiological, behavioral, subjective)
- Dynamically and reciprocally linked to diurnal activity (work & nonwork)

The importance of sleep in OHP research

Increasing use of sleep measures to investigate how psychosocial conditions such as job demands and shift work impact on sleep/wake patterns & circadian rhythms and how sleep, in turn, impact on work-related health, safety, and performance.





Scopus search of "work" AND "sleep" in WOP journals between $1970 \ {\rm and} \ 2024 \ (N=1447)$



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)
 Hindrance 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

