

How Do Occupation and BMI Shape Sleep Duration and Disorders?

INTRODUCTION

Sleep duration varies significantly across occupations, with engineers sleeping the most. This poster analyzes sleep patterns by occupation and BMI categories using survey data. It also explores sleep disorder prevalence among nurses based on BMI status.

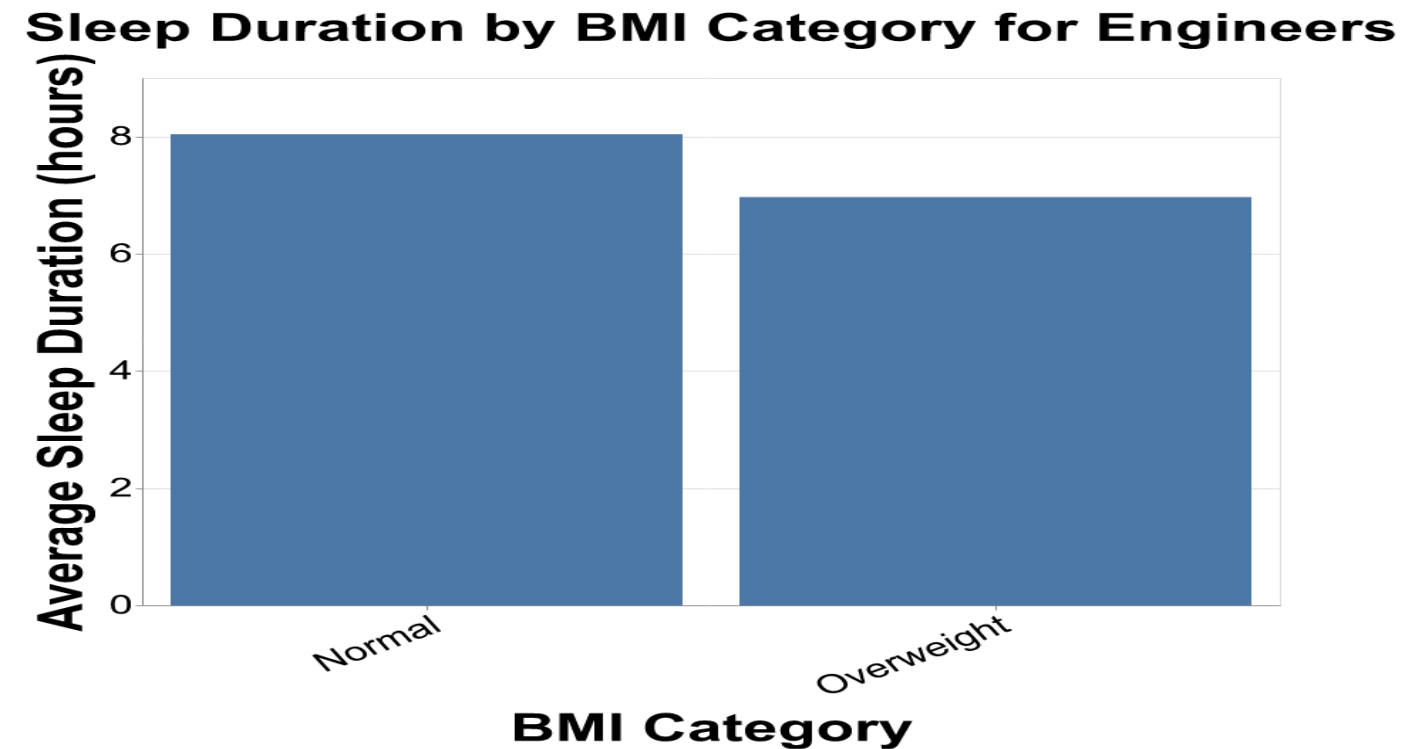
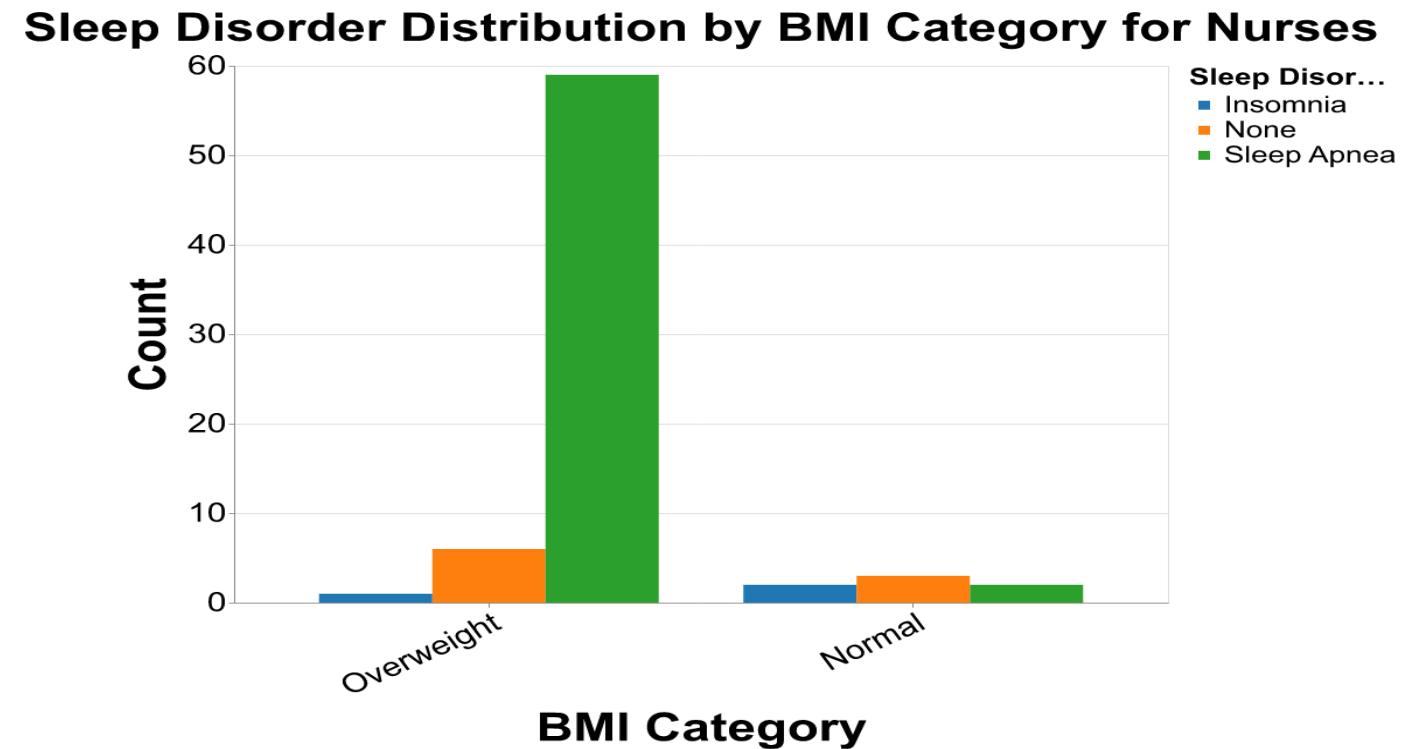
01 Sleep duration varies by occupation, with BMI differences highlighting top occupations.



02 Certain occupations have higher sleep disorder prevalence, emphasizing occupational health risks.



03 Sleep disorder patterns differ by BMI within top occupations like Nurses and Engineers.



CONCLUSION

Sleep duration differs notably among occupations, with engineers sleeping the most. BMI influences sleep patterns and disorder prevalence within top occupations. Nurses show varying sleep disorder rates based on their BMI status. Occupational health risks related to sleep require targeted interventions.