

SLEEP DISORDER INVESTIGATION OF NIGHT SHIFT WORKERS USING ANALYSIS OF KOREAN WORKER'S SPECIFIC HEALTH EXAMINATION DATA AND QUESTIONNAIRE

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The items targeting night shift workers for the Korean worker's specific health examination were added gradually from workplaces with 300 or more employees in 2014 to workplaces with 50-299 employees in 2015. The objective of the study was to investigate the condition of sleep disorder in three occupational groups of night shift workers. The 2014 and 2015 data of the Korean worker's specific health examination conducted by the Korea Occupational Safety and Health Agency (KOSHA) were analyzed. Surveys using different types of questionnaires were conducted in 2017. The subjects were apartment workers, hospital workers, and taxi drivers. The prevalence of moderate to severe insomnia was 6.6% (12,789 out of 193,864) in men and 11.1% (9,669 out of 88,258) in women from the 2014 Korean Worker's Specific Health Examination. The prevalence of moderate to severe insomnia was 5.0% (23,469 out of 467,290) in men and 6.9% (13,174 out of 191,877) in women from the 2015 Korean Worker's Specific Health Examination. The surveys showed that the prevalence of moderate to severe insomnia was 7.0% (15 out

of 214) in apartment workers, 16.6% (29 out of 295) in hospital workers, and 12.2% (27 out of 222) in taxi drivers. The factors associated with sleep disorder differed by group. Depressive symptoms and fatigue were found to increase the risk of sleep disturbance in all three groups. Caffeine intake and the number of night shifts were significant variables in apartment workers, napping during night shifts was a significant variable in hospital workers, and satisfaction with income was a significant variable in taxi drivers.

Biography

Jihye Lee completed her Graduation as Medical Doctor from Catholic University of Korea. She has specialties of Preventive Medicine and Public Health from Chung-Ang University. Later on, she started working at Occupational Safety and Health Research Institute (OSHRI) where she has continued her research.

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