

NCCR - Graduate Seminars

Wednesday,
January 28th
2015

16:00 - 18:00

CISA Conference
Room

Campus Biotech
9, Chemin des Mines
Geneva

Occupational Sleep Psychology: Role of Social Stressors

Achim Elfering

(University of Bern)

Social stressors at work may consist of many forms such as social animosities, conflicts with coworkers and supervisors, unfair behavior, and a negative group climate. Behavior like attacks, giving rude and reckless feedback, or undermining the successes of others includes a direct expression of disrespectful social behavior. Occupational sleep medicine has a long tradition to address sleep quantity and sleep quality, e.g., as antecedent of work-related injury. However, studies that test a link to social stressors are rare. The presentation will give a short overview of social stressor concepts and summarizes the present state of knowledge on the link between social stressors and sleep. The ambulatory actigraphy-based field research approach of the Berne research group will be presented and findings discussed with respect to emotions at work and their meaning for occupational health and safety ■



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