



김 지 현

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Strategies for Shift Workers to Minimize Sleep Problems and Sleepiness at Work

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Shift work is a very common work pattern in the modern society with 24/7 running schedule. Approximately 8.5% of employees are reported to have shift work schedules according to a phone survey in Korea in 2014. Due to a misalignment between endogenous circadian rhythm and work hours, shift workers need to sleep during undesirable hours. As a consequence, they often suffer from insomnia, excessive sleepiness during work, fatigue and physical complaints. The treatment strategies for shift work disorder (SWD) include scheduled nap, bright light intervention during night work, avoiding light when leaving work, use of hypnotics, or caffeine and etc. However, depending on the nature of jobs and shift work schedule (either fixed or rotating), it is often difficult to implement non-pharmacologic intervention described above in the field. In this session, current evidence regarding the efficacy of coping strategies for SWD will be reviewed. Future direction for tailored intervention for individual shift worker will be discussed based on sleep and circadian rhythm- based principle.

Key Words: Circadian rhythm, Shift work disorder, Shift worker, Insomnia, Sleepiness

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