

Symposium | Work place : [Symposium 110] Workplace Mental Health: significance and progress

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## [Symposium 110] Workplace Mental Health: significance and progress

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

### [SY-110-01] Workplace interventions to promote sleep health of employees

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Sleep health is a critical yet often overlooked component of employee well-being and organizational productivity. A substantial proportion of workers experience sleep-related problems, including insufficient sleep duration, poor sleep quality, and excessive daytime sleepiness. These issues are associated with a broad spectrum of adverse outcomes, such as increased risk of physical and mental health conditions, decreased work efficiency, higher absenteeism, and impaired quality of life. Despite the growing recognition of sleep as a key determinant of health, workplace-level strategies to promote healthy sleep remain limited in practice and scope.

This presentation proposes a model for integrating sleep health services within occupational settings by introducing a Workplace Sleep Health Clinic. The clinic provides on-site screening, diagnosis and treatment of sleep disorders, alongside employee education, consultation, and ongoing research on sleep health in working populations. It provides care to a diverse employee population, including those with chronic insomnia, obstructive sleep apnea, and shift work disorder. The presentation will describe the clinical characteristics of individuals utilizing the clinic, as well as the structure and delivery of key interventions. These include modified cognitive behavioral therapy for insomnia adapted for the workplace and stress reduction strategies incorporating relaxation techniques by psychiatrists and clinical psychologists. The clinic model suggests the potential feasibility and clinical relevance of embedding specialized sleep care within the workplace, offering a comprehensive approach to promoting sleep health and occupational functioning.