

Sleep Disorders in Night Work

S. HENTATI¹, F. Charfeddine¹, F. Smaoui¹, L. Aribi¹, R. Masmoudi¹, E. Elleuch¹, J. Aloulou¹, O. Amaimi¹

¹psychiatric département"B", CHU Hédi Chaker Sfax Tunisia, sfax, Tunisia

Introduction:

The circadian disturbance associated with night-shift work is a source of occupational hazard that has a negative impact on the physical and mental health of workers.

Objective:

Explore the sleep disorders and the psychological impact among night workers.

Methods:

A cross-sectional study carried on 35 employees in an industrial company .It uses a questionnaire exploring the socio-professional data, psychological effects (fatigue, sleep, anxiety and depression) and family impact of the night work.

The following scales were used:

- SPIEGEL questionnaire to screen for sleep disorders.
- EPWORTH Sleepiness Scale to evaluate daytime sleepiness.
- PICHOT's fatigue scale to assess the intensity of fatigue.
- HAD scale: Hospital Anxiety and Depression scale.

Results:

The overage of the workers was 32.3 ± 6.7 years. Most of them (85%) were male.

The level education was superior in 74% of cases. Two thirds of employees work at night.

Among night workers, frequent nocturnal awakenings and sleep onset difficulties were noted in respectively 65% and 35% of cases.

Nearly three-quarters of subjects had anxiety symptoms and nearly a third had depressive symptoms.

Night workers complained mainly of impaired concentration (74%) and memory impairment (52%). Excessive fatigue was identified in 17, 4% of cases.

At the family level, 65% of subjects reported that night work cause disruption of their family life and of their quality of life.

Conclusion:

Sleep disorders, anxiety and depression disorders are frequently found in night work. Besides, working the shift night can affect family life and the quality of life as well.