

## Work and sleep: research insights for the workplace

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### Abstrak

Research over the past decade has begun to show the many ways in which work affects sleep, and sleep affects work; this book brings all these research findings together in a state-of-the-art review. The book opens with a chapter on sleep disorders meant to ground organizational researchers in the science of sleep. Workplace issues that have benefitted from research for decades, such as shift work, occupational safety and road and transportation are covered in detail. In addition, emerging topics such as the intersection of sleep and work stress and non-work experiences, mood and emotions, energy management, unethical behaviors and work withdrawal (e.g., absenteeism) are considered in detail. Given the changing demographic composition of many workplaces, a separate chapter focuses on sleep and older workers. The book concludes with a consideration of how this information must now be integrated into the curricula of all business programs to enhance the practice of management, and individual and organizational functioning.