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Funding

Authors' contribution

Data availability

Declaration of competing interest

Acknowledgements

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Long working hours, work-related stressors and sleep disturbances among Chinese government employees: A large population-based follow-up study

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Highlights

- Long working hours at baseline were associated with sleep disturbances at follow up.
- Work stress mediated the relationship between long working hours and sleep disturbances.
- Work dissatisfaction mediated the relationship between long working hours and sleep disturbances.

Abstract

Currently, evidence on the associations between long working hours and sleep disturbances among the Chinese workers is lacking. This study aimed at explore the possible associations and underlying mechanisms between long working hours and sleep disturbances among Chinese government employees. A total of 16206 government employees were recruited at baseline and 11806 of which were available at follow-up. A digital self-reported questionnaire platform was established to collect information. Sleep disturbances were assessed by the Pittsburgh Sleep Quality Index (PSQI), long working hours was assessed by self-report. Binary logistic regression analysis and path analysis were conducted. The results showed that long working hours at baseline were significantly associated with poor sleep quality at follow up (OR: 1.29, 95% CI: 1.12 - 1.47). Long working hours at baseline were significantly associated with some specific sleep disturbance components at follow-up including long sleep latency (OR = 1.17, 95%CI: 1.01 - 1.38), as well as short sleep duration (OR = 1.26, 95%CI: 1.12 - 1.43), impairment of sleep efficiency (OR = 1.27, 95%CI: 1.01 - 1.26), sleep disturbances (OR: 1.39, 95%CI: 1.02 - 1.95) and daytime dysfunction (OR: 1.27, 95%CI: 1.08 - 1.49). Work stress and job dissatisfaction mediated the relationship between long working hours and sleep disturbances. Continued overtime work should be recognized as a risk factor for the development of sleep disturbances among Chinese government employees. Work stress and work dissatisfaction mediated the relationship between long working hours and sleep disturbances. Effective interventions should be provided to employees who have experienced long working hours.

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Keywords

Long working hours; Sleep problems; Work stress; Work dissatisfaction; Chinese

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