



Work and Sleep: Research Insights for the Workplace

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Sleep disorders and disruptions are commonly associated with negative mood, hostility, poor concentration, and ego depletion. And while researchers have long investigated the widespread negative effects of shift work on individuals, the knowledge derived from these studies is rather limited to those with non-linear work schedules. However, whether employees are clocking in a normal 9-5 or trudging through the graveyard shift, sleep is a crucial activity for us all. If the quantity and quality of our sleeping patterns are disrupted, the consequences affect not only the employee but for the organization they work for, as well.

Work and Sleep: Research Insights for the Workplace addresses the effects of sleep on employee and organizational functioning, and the impact of common work experiences on a night's rest. With a team of influential organizational psychologists at the helm, the editors lead a group of expert contributors as they each explore the issues that, regardless of industry, matter in work force well-being today.

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