

## Associations between work environment, sleep, health, and safety

Thon Hotel Opera, Oslo, Norway

08.04.2024 – 10.04.2024

### Monday, 08.04.2024

11.30–12.30 *Lunch*

12.30–12.45 NIVA welcome and general information **Linda Oksanen, NIVA**

12.45–13.30 Introductions  
Scope and purpose of the course  
Learning objectives **Dagfinn Matre, STAMI**  
**Bjørn Bjorvatn, UiB**

13.30–14.15 **Sleep and the circadian rhythm – pathways from shift work to disturbed health** **Bjørn Bjorvatn, UiB**

14.15–14.45 *Coffee break*

14.45–15.30 **Measuring sleep in occupational settings** **Dagfinn Matre, STAMI**

15.30–16.15 **Group work / Discussion** **TBC**

19.00 – *Dinner at the hotel*

### Tuesday, 09.04.2024

9.00–9.45 **Assessment and treatment of shift work related problems with focus on shift work disorder** **Bjørn Bjorvatn, UiB**

9.45–10.00 *Coffee break*

10.00–10.45 **Psychosocial work characteristics: Established and emerging factors that may disrupt sleep** **Jan Olav Christensen, STAMI**

10.45–11.30 **Night and shift work and sleep related risk of chronic health issues such as cardiovascular disease and type 2 diabetes** **Carolina Bigert, KI**

11.30–12.30 *Lunch*

12.30–13.15 **Sleep and mental health** **Anna Dahlgren, KI**  
**Phil Tucker, SU**

13.15–14.00 **Sleep and safety** **Siri Waage, UiB**

14.00–14.45 **Group work / discussion** **TBC**

14.45–15.00 *Coffee break*

 17.30– *Social program: A guided tour of the [Oslo Opera House](#) and dinner*

## Wednesday, 10.04.2024

 9.00–9.45 **Fatigue** **Anna Dahlgren, KI**  
**Phil Tucker, SU**

 9.45–10.00 *Coffee break*

 10.00–10.45 **What's the association between sleep, pain, and headache** **Dagfinn Matre, STAMI**

 10.45–11.30 **Sleep in ageing workers** **TBC, Finland**

 11.30–12.30 *Lunch*

 12.30–13.15 **It's all about sleep** **Anne Helene Garde, NFA**

 13.15–13.45 **Closing of the course** **Dagfinn Matre, STAMI**  
**Linda Oksanen, NIVA**

 13.45–14.00 *Coffee and farewell*