

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 **Nathalie Rähä, 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** **Dagfinn Matre, STAMI**

 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** **Phil Tucker, SU**

 13.15–14.00 **Shift work, sleep and safety** **Siri Waage, UiB**

 14.00–14.45 **Group work / discussion** **Bjørn Bjorvatn, UiB**

14.45–15.00 *Coffee break*

17.45–
18.00 *Social program:*
18.00 *Guided tour of the [Oslo Opera House](#).*
19.00 *Dinner at [Sanguine Brasserie](#) in the Opera House*

Wednesday, 10.04.2024

9.00–9.45 **Fatigue** **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 **Relation between sleep, performance, and individual factors such as ageing in the context of work** **Päivi Vanttola, FIOH**

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**
Nathalie Räihä, NIVA

13.45–14.00 *Coffee and farewell*