



# Supporting Sleep: The Importance of Social Relations at Work

*Maria Nordin*

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## **Supporting Sleep: The Importance of Social Relations at Work** Maria Nordin

Up to 40 per cent of the working population report problems with their sleep. Sick-leave increases due to stress-related disorders, and by being closely related to stress, disturbed sleep plays an important role here. Being the opposite of stress, good sleep is a crucial health factor whereas sleep disturbance can be an early sign of ill-health. Social support is also an acknowledged health factor which should be considered when reducing sick-leave. This book analyses the positive effects of social support at work and how bullying at work can have a negative impact on sleep. Promoting healthy work by providing good conditions for strong social relationships and by preventing bullying or harassment can improve sleep and consequently employee health, increasing work productivity and efficiency overall.

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