

WOW-hankkeen tieteelliset julkaisut

Työajat, terveys, työhyvinvointi ja työelämään osallistuminen - työaikoihin liittyvien uusien toimintamallien ja ratkaisujen luominen pohjoismaihin WOW (2015–2021) -hankkeen julkaisuluettelo.

2021

Bjorvatn B, Pallesen S, Waage S, Thun E, Blytt KM. The effects of bright light treatment on subjective and objective sleepiness during three consecutive night shifts among hospital nurses – a counter-balanced placebo-controlled crossover study. Scand J Work Environ Health. 2021; 47(2):145-153.

doi:10.5271/sjweh.3930.

https://www.sjweh.fi/show_abstract.php?abstract_id=3920

Cheng WJ, Härmä M, Koskinen A, Kivimäki M, Oksanen T, Huang, MC. Intraindividual association between shift work and risk of drinking problems: data from the Finnish Public Sector Cohort. Occup Environ Med. 2021 Jan 22, oemed-2020-107057. doi:10.1136/oemed-2020-107057

<https://pubmed.ncbi.nlm.nih.gov/33483460/>

Cheng WJ, Puttonen S, Vanttola P, Koskinen A, Kivimäki M, Härmä M. Association of shift work with mood disorders and sleep problems according to chronotype: a 17-year cohort study. Chronobiol Int. 2021 Feb 15, 1-8.

doi:10.1080/07420528.2021.1885431 [Association of shift work with mood disorders and sleep problems according to chronotype: a 17-year cohort study - PubMed \(nih.gov\)](#)

Lowden A & Kecklund G. Considerations on how to light the night-shift. Lightning Res Technol. Accepted for publication.

Oinas T, Anttila T. 2021. Trends and prevalence of excessive and short work hours in Europe and their consequences on subjective well-being of European employees. Research Note for the Social Situation Monitor of European Commission. (35 pages).

<https://ec.europa.eu/social/main.jsp?advSearchKey=ssonotes&mode=advancedSubmit&ca>

Onninen J, Pylkkönen M, Hakola T, Puttonen S, Virkkala J, Tolvanen A, & Sallinen M. The self-reported causes of sleepiness in shift-working tram and truck drivers. *Transportation Research Part F: Traffic Psychology and Behaviour*, 2021 78, 153-163. doi:<https://doi.org/10.1016/j.trf.2021.02.004> [The self-reported causes of sleepiness in shift-working tram and truck drivers – ScienceDirect](#)

Onninen J, Pylkkönen M, Tolvanen A, Sallinen M. Accumulation of sleep loss among shift-working truck drivers. *Chronobiol Int*. Online ahead of print. doi:10.1080/07420528.2021.1929280
<https://pubmed.ncbi.nlm.nih.gov/34030528/>

Pallesen S, Bjorvatn B, Waage S, Harris A, & Sagoe D. Prevalence of Shift Work Disorder: A Systematic Review and Meta-Analysis. *Front Psychol*; 2021, 12, 638252. doi:10.3389/fpsyg.2021.638252 [Prevalence of Shift Work Disorder: A Systematic Review and Meta-Analysis \(nih.gov\)](#)

Sallinen, M., Onninen, J., Ketola, K., Puttonen, S., Tuori, A., Virkkala, J., & Åkerstedt, T. (2021). Self-reported reasons for on-duty sleepiness among commercial airline pilots. *Chronobiol Int*. Online ahead of print. doi:10.1080/07420528.2021.1927071 [Full article: Self-reported reasons for on-duty sleepiness among commercial airline pilots \(tandfonline.com\)](#)

Waage S, Pallesen S, Moen BE, Vedaa Ø, Thun E, Buchvold H, Blytt KM, Harris A, Bjorvatn B. Changes in work schedule affect the prevalence of shift work disorder among Norwegian nurses – a two year follow-up study. *Chronobiol Int*. 2021; 38: 924-932. PMID: 33736559.

2020

Albrecht S, Kecklund G, Leineweber C. The mediating effect of work-life interference on the relationship between work-time control and depressive and musculoskeletal symptoms. *Scand J Work Environ Health*. 2020; 46(5):469-479. doi:10.5271/sjweh.3887.

Albrecht SC, Leineweber C, Ojajärvi A, Oksanen T, Kecklund G, Härmä M. Association of work-time control with sickness absence due to musculoskeletal and mental disorders: an occupational cohort study. *J Occup Health*. 2020 Jan;62(1):e12181. doi: 10.1002/1348-9585.12181.

Bjorvatn B, Axelsson J, Pallesen S, Waage S, Vedaa Ø, Blytt KM, Buchvold HV, Moen BE, Thun E. The association between shift work and immunological biomarkers in nurses. *Front Publ Health*. 14 Sept 2020 doi:

Garde AH, Begtrup L, Bjorvatn B, Bonde JP, Hansen J, Hansen ÅM, Härmä M, Jensen MA, Kecklund G, Kolstad H, Larsen AD, Lie JA, Moreno CRC, Nabe-Nielsen K, Sallinen, M. How to schedule night shift work in order to reduce health and safety risks. *Scand J Work Environ Health*. 2020; 46(6):557-569. doi:10.5271/sjweh.3920 https://www.sjweh.fi/show_abstract.php?abstract_id=3920

Hamre KV, Einarsen SV, Hoprekstad ØL, Pallesen S, Bjorvatn B, Waage S, Moen BE, Harris A. Accumulated long-term exposure to workplace bullying impairs psychological hardiness: A five-year longitudinal study among nurses. *Int J Env Res Pub He*. 2020; 17(7):2587. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7178264/pdf/ijerph-17-02587.pdf>

Härmä M, Koskinen A, Sallinen M, Kubo T, Ropponen A, Lombardi DA. Characteristics of working hours and the risk of occupational injuries among hospital employees: a case-crossover study. *Scand J Work Environ Health*. 2020; 46(6):570-578. doi:10.5271/sjweh.3905. https://www.sjweh.fi/show_abstract.php?abstract_id=3905

Karhula K, Hakola T, Koskinen A, Lallukka T, Ojajärvi A, Puttonen S, Oksanen T, Rahkonen O, Ropponen A, Härmä M. Ageing shift workers' sleep and working hour characteristics after implementing ergonomic shift scheduling rules. *J Sleep Res* 2020 Nov 9;e13227. doi: 10.1111/jsr.13227. Online ahead of print.

Karhula K, Turunen J, Hakola T, Ojajärvi A, Puttonen S, Ropponen A, Kivimäki M, Härmä M. The effects of using participatory working time scheduling software on working hour characteristics and wellbeing: A quasi-experimental study of irregular shift work. *Int J Nurs Stud*. 2020 Jun 24:103696. <https://www.sciencedirect.com/science/article/pii/S0020748920301802>

Karhula K, Wöhrmann AM, Brauner C, Härmä M, Kivimäki M, Michel A, Oksanen T. Working Time Dimensions and Well-being: A Cross-national Study of Finnish and German Health Care Employees. *Chronobiol Int*. 2020; 37(9-10):1312-1324. doi: 10.1080/07420528.2020.1778716. <https://www.tandfonline.com/doi/full/10.1080/07420528.2020.1778716>

Larsen AD, Ropponen A, Hansen J, Hansen ÅM, Kolstad HA, Koskinen A, Härmä MI, Garde AH. Working time characteristics and long-term sickness absence: a large register-based study of Danish and Finnish nurses. *Int J Nurs Stud*. 2020 Dec;112:103639. doi: 10.1016/j.ijnurstu.2020.103639. www.sciencedirect.com/science/article/pii/S0020748920301231?via%3Dihub

Lowden A. Flexibel individanpassad dynamisk 24-timmars LED-belysning som befrämjar energieffektivitet, prestation och hälsa. Teknisk rapport. Stressforskningsinstitutet 2020, 1-39.

Matre D, Nilsen KB, Katsifaraki M, Waage S, Pallesen S, Bjorvatn B. Pain complaints are associated with quick returns and insomnia among Norwegian nurses, but do not differ between shift workers and day only workers. *Int Arch Occup Environ Health*. 2020; 93: 291-299. PMID: 31691014.

Onninen J, Hakola T, Puttonen S, Tolvanen A, Virkkala J, Sallinen M. Sleep and sleepiness in shift-working tram drivers. *Appl Ergon*. 2020 Oct;88:103153. doi: 10.1016/j.apergo.2020.103153. Epub 2020 Jun 16.

Onninen J, Hakola T, Puttonen S, Tolvanen A, Virkkala J, Sallinen M. Corrigendum to 'Sleep and sleepiness in shift-working tram drivers'. *Appl Ergon*. 2020 Aug 29:103246. doi: 10.1016/j.apergo.2020.103246. Online ahead of print.

Pallesen S, Bjorvatn B, Moen BE, Thun E, Waage S. Slik påvirker skiftarbeid sykepeieres søvn og helse. Sykepleien.no/forskning, published 14.1.2020. <https://sykepleien.no/forskning/2019/12/slik-pavirker-skiftarbeid-sykepleieres-sovn-og-helse>

Ropponen A, Koskinen A, Puttonen S, Härmä M. A case-crossover study of age differences in objective working-hour characteristics and short sickness absence. *J Nurs Manag*. 2020; 28(4): 787-796. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/jonm.12992>.

Sallinen M, van Dijk H, Aeschbach D, Maji A, Åkerstedt T. A Large-Scale European Union Study of Aircrew Fatigue During Long Night and Disruptive Duties. *Aerosp Med Hum Perform*. 2020; 91(8):628-635. doi: 10.3357/AMHP.5561.2020.

Sallinen M, Pylkkönen M, Puttonen S, Sihvola M, Åkerstedt T. Are long-haul truck drivers unusually alert? A comparison with long-haul airline pilots. *Accid Anal Prev*. 2020; 30;137:105442. doi: 10.1016/j.aap.2020.105442.

Søbstad JH, Pallesen S, Bjorvatn B, Costa G, Hystad SW. Predictors of turnover intention among Norwegian nurses: A cohort study. *Health Care Manage Rev*. 2020 Feb 27. doi:10.1097/hmr.0000000000000277.

Thun E, Waage S, Bjorvatn B, Moen BE, Vedaa Ø, Blytt KM, Pallesen S. Short sleep duration and high exposure to quick returns are associated with impaired everyday memory in shift workers. *Nurs Outlook*. 2020; Oct 27;S0029-

6554(20)30668-0. doi:10.1016/j.outlook.2020.09.008

Turunen J, Karhula K, Ropponen A, Koskinen A, Hakola T, Puttonen S, Hämäläinen K, Pehkonen J, Härmä M. The effects of using participatory working time scheduling software on sickness absence: A difference-in-differences study. *Int J Nurs Stud*. 2020 Jul 14;103716.

<https://www.sciencedirect.com/science/article/pii/S0020748920302029>

Vanttola P, Puttonen S, Karhula K, Oksanen T, Härmä M. Employees with Shift Work Disorder Experience Excessive Sleepiness Also on Non-Work Days: A Cross-Sectional Survey Linked to Working Hours Register in Finnish Hospitals. *Ind Health*. 2020; 58(4):366-374. doi: 10.2486/indhealth.2019-0179.

Vedaa Ø, Harris A, Waage S, Bjorvatn B, Thun E, Buchvold HV, Djupedahl ILR, Pallesen, SA. ongitudinal study on the association between quick returns and occupational accidents. *Scand J Work Environ Health*. 2020; 46(6):645-649. doi:10.5271/sjweh.3906.

Åkerstedt T, Narusyte J, Svedberg P. Night work, mortality and the link to occupational group and sex. *Scand J Work Environ Health*. 2020; 46(5):508-515. doi: 10.5271/sjweh.3892.

https://www.sjweh.fi/show_abstract.php?abstract_id=3892&fullText=1

2019

Begtrup LM, Specht IO, Hammer PEC, Flachs EM, Garde AH, Hansen J, Hansen ÅM, Kolstad HA, Larsen AD, Bonde JP. Night work and miscarriage: a Danish nationwide register-based cohort study. *Occup Environ Med*. 2019; 76(5), 302-308. doi:10.1136/oemed-2018-105592.

Buchvold HV, Pallesen S, Waage S, Moen BE, Bjorvatn B. Shift work and lifestyle factors: A 6-year follow-up study among nurses. *Frontiers in Public Health*. 2019; 7: 281. <https://doi.org/10.3389/fpubh.2019.00281>

Cheng WJ, Härmä M, Ropponen A, Karhula K, Koskinen A, Oksanen T. *Scand J Work Environ Health*. 2019 Dec 2. pii: 3868. doi: 10.5271/sjweh.3868. [Epub ahead of print] <https://pubmed.ncbi.nlm.nih.gov/31788701/>.

Daugaard S, Markvart J, Bonde JP, Christofferssen J, Garde AH, Hansen ÅM, Schlünssen V, Vestergaard JM, Vistisen HT, Kolstad HA. Light exposure during days with night, outdoor and indoor work. *Ann Work Expo Health*. 2019; 24;63(6):651-665. doi: 10.1093/annweh/wxy110.

<https://www.ncbi.nlm.nih.gov/pubmed/30865270>

Garde AH, Harris A, Vedaa Ø, Bjorvatn B, Hansen J, Hansen ÅM, Kolstad HA, Koskinen A, Pallesen S, Ropponen A, Härmä M. Working hour characteristics and schedules among nurses in three Nordic countries – a comparative study using payroll data. BMC Nursing 2019; 18: 12. doi: 10.1186/s12912-019-0332-4.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6438001/>

Gracia P, Garcia-Roman J, Oinas T, Anttila T. Children's Daily Activities and National Context: Structural Opportunities or Cross-Cultural Factors? Forthcoming in Journal of Marriage and Family. 2019. [10.31235/osf.io/ks6vg](https://doi.org/10.31235/osf.io/ks6vg).

Hall AL, Kecklund G, Leineweber C, Tucker P. Effect of work schedule on prospective antidepressant prescriptions in Sweden: a 2-year sex-stratified analysis using national drug registry data. BMJ Open. 2019; 17;9(1):e023247. doi: 10.1136/bmjopen-2018-023247

Hammer PEC, Gaarde AH, Begtrup LM, Flachs EM, Hansen J, Hanse ÅM, Hougaard KS, Kolstad H, Larsen AD, Pinborg AB, Specht IO, Bonde JP. Night work and sick leave during pregnancy: a national register-based within-worker cohort study. Occup Environ Med. 2019; 76(3):163-168. doi: 10.1136/oemed-2018-105331. Epub 2019 Jan 19.

Hannerz H, Soll-Johanning H, Larsen AD, Garde AH. Night-time work and all-cause mortality in the general working population of Denmark. Int Arch Occup Environ Health. 2019; 92(4):577-585. doi: 10.1007/s00420-018-1394-4.

Härmä M, Karhula K, Puttonen S, Ropponen A, Koskinen A, Ojajärvi A, Kivimäki M. Shift work with and without night work as a risk factor for fatigue and changes in 24-hour sleep length: A cohort study with linkage to records on daily working hours. J Sleep Res. 2019; 28(3):e12658. DOI: 10.1111/jsr.12658.

Järnefelt H, Härmä M, Sallinen M, Virkkala J, Paajanen T, Martimo K-P, Hublin C. [Cognitive behavioural therapy interventions for insomnia among shift workers: RCT in an occupational health setting](#). Int Arch Occup Environ Health. 2019 Dec 18. doi: 10.1007/s00420-019-01504-6. [Epub ahead of print]

Karhula K, Salo P, Koskinen A, Ojajärvi A, Oksanen T, Puttonen S, Kivimäki M, Härmä M. Employee control over scheduling of shifts and objectively measured working hour characteristics: a cross-sectional analysis of linked register and survey data. Chronobiol Int. 2019; 36(1):85-95. doi: 10.1080/07420528.2018.1520240.

Katsifaraki M, Nilsen KB, Christensen JO, Wærsted M, Knardahl S, Bjorvatn B, Härmä M, Matre D. Sleep duration mediates abdominal and lower-extremity pain after night work in nurses. *International Archives of Occupational and Environmental Health* 2019; 92: 415-422. PMID: 30417278.

Larsen AD, [Rugulies R](#), [Hansen J](#), [Kolstad HA](#), [Hansen ÅM](#), [Hannerz H](#), [Garde AH](#). Night work and risk of ischaemic heart disease and anti-hypertensive drug use: a cohort study of 145 861 Danish employees. *Eur J Public Health*. 2019 Nov 13. pii: ckz189. doi: 10.1093/eurpub/ckz189. [Epub ahead of print]

Lowden A. Dagsljuskrav och utblick på arbetsplatsen: Effekt på hälsa och beteende. Arbetsmiljöverket 2019: 1-45. <https://www.av.se/arbetsmiljoarbete-och-inspektioner/kunskapssammanstallningar/dagsljuskrav-och-utblick-pa-arbetsplatsen/?hl=dagsljus%20p%C3%A5%20arbetsplatsen>

Lowden A, Öztürk G, Reynolds A, Bjorvatn B. Working Time Society consensus statements: Evidence based interventions using light to improve circadian adaptation to working hours. *Ind Health* 2019; 57(2):213-227. doi: 10.2486/indhealth.SW-9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6449639/>

Nielsen HB, Hansen ÅM, Conway SH, Dyreborg J, Hansen J, Kolstad HA, Larsen AD, Nabe-Nielsen K, Pompeii LA, Garde AH. Short time between shifts and risk of injury among Danish hospital workers: a register-based cohort study. *Scand J Work Environ Health*. 2019; 45(2):166-173. doi: 10.5271/sjweh.3770. http://www.sjweh.fi/show_abstract.php?abstract_id=3770

Nielsen HB, Dyreborg J, Hansen ÅM, Hansen J, Kolstad HA, Larsen AD, Nabe-Nielsen K, Garde AH. Shift work and risk of occupational, transport and leisure-time injury. A register-based case-crossover study of Danish hospital workers. *Safety Science*, 2019; 120, 728-734.

Nätti J, Nergaard K. Dualisation or normalisation of part-time work in the Nordic countries: work insecurity and mobility over time. In Heidi Nicolaisen, Hanne Cecilie Kavli, Ragnhild Steen Jensen (eds) 2019. *Dualisation of Part-time work. The Development of Labour Market Insiders and Outsiders*. Policy Press, Bristol.

Rasmussen S, Nätti J, Larsen TP, Ilsøe A, Garde AH. Nonstandard Employment in the Nordics – Toward Precarious Work? *Nordic journal of working life studies* 2019; 9(S6), 7-32. <https://tidsskrift.dk/njwls/article/view/114689/163230>

Riekhoff AJ, Krutova O, Nätti J. Working-hour trends in the Nordic countries: convergence or divergence? *Nordic Journal of Working Life Studies* 2019; 9(3), 45-

Riekhoff AJ, Krutova O, Nätti J. The 24/7 economy and work during unsocial hours in Europe: Examining the influence of labor market dualization, regulation and collective bargaining. *Economic and Industrial Democracy*. May 13th 2019. Online first. DOI: 10.1177/0143831X19846330.

Specht IO, Hammer PEC, Flachs EM, Begtrup LM, Larsen AD, Hougaard KS, Hansen J, Hansen ÅM, Kolstad HA, Rugulies R, Garde AH, Bonde JP. Night work during pregnancy and preterm birth-A large register-based cohort study. *PloS ONE*, 2019; 14(4), e0215748. doi:10.1371/journal.pone.0215748.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6472821/?report=reader>

Sørengaard TA, Karlsen H, Langvik E, Pallesen S, Bjorvatn B, Waage S, Moen BE, Saksvik-Lehouillier I. Insomnia as a partial mediator in the relationship between personality and future symptoms of anxiety and depression among nurses. *Front Psychol*. 2019; 10: 901. doi: 10.3389/fpsyg.2019.00901.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6498097/>

Tucker P, Härmä M, Ojajärvi A, Kivimäki M, Leineweber C, Oksanen T, Salo P, Vahtera J. Associations between shift work and use of prescribed medications for the treatment of hypertension, diabetes, and dyslipidemia: a prospective cohort study. *Scand J Work Environ Health*. 2019; 45(5), 465-474. doi:10.5271/sjweh.3813.

http://www.sjweh.fi/show_abstract.php?abstract_id=3813

Vanttola P, Puttonen S, Karhula K, Oksanen T, Härmä M. Prevalence of shift work disorder among hospital personnel: A cross-sectional study using objective working hour data. *J Sleep Res*. 2019; e12906. doi:10.1111/jsr.12906.

<https://www.ncbi.nlm.nih.gov/pubmed/31410909>

Vanttola P, Harma M, Viitasalo K, Hublin C, Virkkala J, Sallinen M, Karhula K, Puttonen S. Sleep and alertness in shift work disorder: findings of a field study. *Int Arch Occup Environ Health*. 2019; 92(4):523-533. doi: 10.1007/s00420-018-1386-4. <https://link.springer.com/article/10.1007%2Fs00420-018-1386-4>

Vedaa Ø, Harris A, Erevik EK, Waage S, Bjorvatn B, Sivertsen B, Moen BE, Pallesen, S. Short rest between shifts (quick returns) and night work is associated with work-related accidents. *Int Arch Occup Environ Health*. 2019; 92(6), 829-835. doi:10.1007/s00420-019-01421-8.

<https://www.ncbi.nlm.nih.gov/pubmed/30879132>

Vedaa Ø, Pallesen S, Erevik E, Svensen E, Waage S, Bjorvatn B, Sivertsen B, Harris A. Long working hours are inversely related to sick leave in the following 3 months: a 4-year registry study. *Int Arch Occup Environ Health*. 2019; 92(4): 457-466. doi: 10.1007/s00420-018-1372-x.

<https://www.ncbi.nlm.nih.gov/pubmed/30406330>

Vested A, Schlünssen V, Burdorf A, Andersen JH, Christoffersen J, Daugaard S, Flachs EM, Garde AH, Hansen ÅM, Markvart J, Peters S, Stokholm Z, Vestergaard JM, Vistisen HT, Kolstad HA. 2019. A quantitative general population job exposure matrix for occupational daytime light exposure. *Ann Work Expo Health*. 2019; 24;63(6):666-678. doi: 10.1093/annweh/wxz031.

<https://www.ncbi.nlm.nih.gov/pubmed/31050711>

2018

Andreassen CS, Pallesen S, Moen BE, Bjorvatn B, Waage S, Schaufeli WB. Workaholism and negative work-related incidents among nurses. *Industrial Health* 2018; 56: 373-381. PMID: 29760300.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6172179/>

Anttila, T. & Oinas, T. 2018. 24/7 society – the new timing of work? In: M. Tammelin (Ed). *Family, work and well-being: Emergence of new issues*. Springer Publishing Company.

Anttila, T. & Oinas, T. 2018. Patterns of working time and work hour fit in Europe. In: M. Tammelin (Ed). *Family, work and well-being: Emergence of new issues*. Springer Publishing Company.

Bjorvatn B, Pallesen S, Moen BE, Waage S, Kristoffersen ES. Migraine, tension-type headache and medication-overuse headache in a large population of shift working nurses – a cross-sectional study in Norway. *BMJ Open* 2018; 8: e022403.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6252763/>

Bokenberger K, Sjölander A, Dahl Aslan AK, Karlsson IK, Åkerstedt T, Pedersen NL. Shift work and risk of incident dementia: a study of two population-based cohorts. *Eur J Epidemiol*. 2018;33(10):977-87.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6153510/>

Buchvold HV, Pallesen S, Waage S, Bjorvatn B. Shift work schedule and night work load: Effects on body mass index – a four-year longitudinal study. *Scand J Work Environ Health*. 2018;44(3):251-257. doi: 10.5271/sjweh.3702.

http://www.sjweh.fi/show_abstract.php?abstract_id=3702

Garde AH, Hansen J, Kolstad HA, Larsen AD, Pedersen J, Petersen JD, Hansen ÅM. Payroll data based description of working hours in the Danish regions. *Chronobiol Int.* 2018; 35(6):795-800. doi: 10.1080/07420528.2018.1466797. PMID: 29764216.

<https://www.tandfonline.com/doi/full/10.1080/07420528.2018.1466797>

Hammer P, Flachs E, Specht I, Pinborg A, Petersen S, Larsen A, Hougaard K, Hansen J, Hansen Å, Kolstad H, Garde A, Bonde JP. Night work and hypertensive disorders of pregnancy: a national register-based cohort study. *Scand J Work Environ Health.* 2018 Jul 1;44(4):403-413. doi: 10.5271/sjweh.3728.

http://www.sjweh.fi/show_abstract.php?abstract_id=3728

Hannerz H, Larsen AD, Garde AH. Long weekly working hours and ischaemic heart disease: a follow-up study among 145 861 randomly selected workers in Denmark. *BMJ Open.* 2018;8(6):e019807. doi: 10.1136/bmjopen-2017-019807.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6009463/>

Hannerz H, Soll-Johanning H. Working hours and all-cause mortality in relation to the EU Working Time Directive: a Danish cohort study. *Eur J Public Health.* 2018;28(5):810-814. doi: 10.1093/eurpub/cky027.

<https://www.ncbi.nlm.nih.gov/pubmed/29538688>

<http://onlinelibrary.wiley.com/doi/10.1111/jsr.12658/epdf>

Härmä M, Gustavsson P, Kolstad HA. Shift work and cardiovascular disease – do the new studies add to our knowledge? *Scand J Work Environ & Health* 2018;44(3):225-228. doi: 10.5271/sjweh.3727.

http://www.sjweh.fi/show_abstract.php?abstract_id=3727

Härmä M, Karhula K, Ropponen A, Puttonen S, Koskinen A, Ojajärvi A, Hakola T, Pentti J, Oksanen T, Vahtera J, Kivimäki M. Association of changes in work shifts and shift intensity with change in fatigue and disturbed sleep: a within-subject study. *Scand J Work Environ & Health* 2018;44(4):394-402. doi:

10.5271/sjweh.3730. http://www.sjweh.fi/show_abstract.php?abstract_id=3730

Karhula K, Hakola T, Koskinen A, Ojajärvi A, Kivimäki M, Härmä M. Permanent night workers' sleep and psychosocial factors in hospital work. A comparison to day and shift work. *Chronobiol Int.* 2018;35(6):785-794. doi: 10.1080/07420528.2018.1466792.

Karhula K, Koskinen A, Ojajärvi A, Ropponen A, Puttonen S, Kivimäki M, Härmä M. Are changes in objective working hour characteristics associated with changes in work-life conflict among hospital employees working shifts? A 7-year follow-up.

Occup Environ Med. 2018;75(6):407-411. doi: 10.1136/oemed-2017-104785.
<http://oem.bmj.com/content/early/2018/01/24/oemed-2017-104785>

Leineweber C, Falkenberg H, Albrecht SC. Parent's relative perceived work flexibility compared to their partner is associated with emotional exhaustion. Front Psychol. 2018;9(640). doi: 10.3389/fpsyg.2018.00640.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5943972/>

Lie J-A S & Nätti J. 2018. A Comparison of Working Hours in Four Nordic National Representative Surveys. University of Tampere, Work Research Centre, Working Papers 99/2018. <http://tampub.uta.fi/handle/10024/103754>

Nielsen HB, Larsen AD, Dyreborg J, Hansen ÅM, Pompeii LA, Conway SH, [Hansen J](#), [Kolstad HA](#), [Nabe-Nielsen K](#), [Garde AH](#). Risk of injury after evening and night work – findings from the Danish Working Hour Database. Scand J Work Environ Health. 2018;44(4):385-93.
http://www.sjweh.fi/show_abstract.php?abstract_id=3737

Pylkkönen M, Tolvanen A, Hublin C, Kaartinen J, Karhula K, Puttonen S, Sihvola M, Sallinen M. Effects of alertness management training on sleepiness among long-haul truck drivers: A randomized controlled trial. Accid Anal Prevention 2018; 121:301-313. pii: S0001-4575(18)30192-1. doi: 10.1016/j.aap.2018.05.008.

Roelen CAM, van Hoffen MFA, Waage S, Schaufeli WB, Twisk JWR, Bjorvatn B, Moen BE, Pallesen S. Psychosocial work environment and mental health-related long-term sickness absence among nurses. Int Arch Occup Environ Health 2018;91:195-203. PMID: 29032390.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5797212/>

Ropponen A, Härmä M, Bergbom B, Nätti J, Sallinen M. The Vicious Circle of Working Hours, Sleep, and Recovery in Expert Work. Int J Environ Res Public Health. 2018 Jun 28;15(7). pii: E1361. doi: 10.3390/ijerph15071361.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6068518/>

Ropponen A, Koskinen A, Puttonen S, Härmä M. [Exposure to working-hour characteristics and short sickness absence in hospital workers: A case-crossover study using objective data.](#) Int J Nurs Stud. 2018 Dec 31;91:14-21. doi: 10.1016/j.ijnurstu.2018.11.002. [Epub ahead of print]

Ropponen A, Narusyte J, Mather L, Mittendorfer-Rutz E, Åkerstedt T, Svedberg P. Night work as a risk factor for future cause-specific disability pension: A prospective twin cohort study in Sweden. Chronobiol Int. 2018 Feb;35(2):249-260.

doi: 10.1080/07420528.2017.1399137.

<https://www.ncbi.nlm.nih.gov/pubmed/29144170>.

Sallinen M, Åkerstedt T, Härmä M, Henelius A, Ketola K, Leinikka M, Kecklund G, Sihvola M, Tuori A, Virkkala J, Puttonen S. Recurrent On-Duty Sleepiness and Alertness Management Strategies in Long-Haul Airline Pilots. *Aerosp Med Hum Perform* 89(7):601-608. doi: 10.3357/AMHP.5092.2018.

Schiller H, Lekander M, Rajaleid K, Hellgren C, Åkerstedt T, Barck-Holst P, Kecklund G. Total workload and recovery in relation to worktime reduction: A randomised controlled intervention study with time-use data. *Occup Environ Med*. 2018;75(3);218-226. <http://oem.bmj.com/content/early/2017/11/28/oemed-2017-104592>

Schiller H, Söderström M, Lekander M, Rajaleid K, Kecklund G., 2018. A randomized controlled intervention of workplace-based group cognitive behavioral therapy for insomnia. *Int Arch Occup Environ Health*. 2018;91(4):413-424 doi: 10.1007/s00420-018-1291-x.

<https://link.springer.com/content/pdf/10.1007/s00420-018-1291-x.pdf>

Waage S, Pallesen S, Moen BE, Bjorvatn B. Restless Legs Syndrome/Willis-Ekbom Disease Is Prevalent in Working Nurses, but Seems Not to Be Associated with Shift Work Schedules. *Front Neurol*. 2018 Jan 29;9:21. doi: 10.3389/fneur.2018.00021. eCollection 2018. PMID: 29434568.

<https://www.frontiersin.org/articles/10.3389/fneur.2018.00021/full>

2017

Albrecht SC, Kecklund G, Rajaleid K, Leineweber C. The longitudinal relationship between control over working hours and depressive symptoms: Results from SLOSH, a population-based cohort study. *J Affect Disord*. 2017; 215: 143-151. doi: 10.1016/j.jad.2017.03.010. Epub 2017 Mar 7

<http://www.sciencedirect.com/science/article/pii/S0165032716316275?via%3Dihub>

Härmä M, Koskinen A, Ropponen A, Puttonen S, Karhula K, Vahtera J and Kivimäki M. Validity of self-reported exposure to shift work. *Occup Environ Med* 2017; 74(3):228-230. <http://oem.bmj.com/content/oemed/74/3/228.full.pdf>

Ihlström J, Kecklund G, Anund A. Split shift work in relation to stress, health and psychosocial work factors among bus drivers. *Work*. 2017, 56: 531-538.

DOI:10.3233/WOR-172520

Karhula K, Puttonen S, Ropponen A, Koskinen A, Ojajärvi A, Kivimäki M, Härmä M. Objective working hour characteristics and work-life conflict among hospital employees in the Finnish Public Sector Study. *Chronobiol Int.* 2017; 34(7): 876-85.

Kärkkäinen S, Ropponen A, Narusyte J, Mather L, Åkerstedt T, Silventoinen K, Mittendorfer-Rutz E, Svedberg P. Night work as a risk factor of future disability pension due to musculoskeletal diagnoses: a prospective cohort study of Swedish twins. *Eur J Public Health.* 2017 Aug 1;27(4):659-664.

Larsen AD, Hannerz H, Moller SV, Dyreborg J, Bonde JP, Hansen J, et al. Night work, long work weeks, and risk of accidental injuries. A register-based study. *Scand J Work Environ Health* 2017; 43(6): 578-586.

Phillips RO, Kecklund G, Anund A, Sallinen M. Fatigue in transport: a review of exposure, risks, checks and controls. *Transport Reviews.* 2017, 37, 742-766.

Reknes I, Notelaers G, Magerøy N, Pallesen S, Bjorvatn B, Moen BE, Einarsen S. Aggression from patients or next of kin and exposure to bullying behaviors: A conglomerate experience? *Nursing Research and Practice* 2017: article ID 1502854 <https://www.hindawi.com/journals/nrp/2017/1502854/abs/>

Sallinen M, Sihvola M, Puttonen S, Ketola K, Tuori A, Härmä M, Kecklund G, Åkerstedt T. Sleep, alertness and alertness management among commercial airline pilots on short-haul and long-haul flights. *Accid Anal Prev.* 2017; 98:320-329. doi: 10.1016/j.aap.2016.10.029.

Schiller, H., Lekander, M., Rajaleid, K., Hellgren, C., Åkerstedt, T., Barck-Holst, P. & Kecklund, G. The impact of reduced worktime on sleep and perceived stress – a group randomized intervention study using diary data. *Scand J Work Environ Health*, 2017; 43 (2), 109-116.

http://www.sjweh.fi/show_abstract.php?abstract_id=3610&fullText=1#box-fullText

Vedaa Ø, Pallesen S, Waage S, Bjorvatn B, Sivertsen B, Erevik E, Svensen E, Harris A. Short rest between shift intervals increases the risk of sick leave: a prospective registry study. *Occup Environ Med* 2017; 74: 496-501.

Vedaa Ø, Mørland E, Larsen M, Harris A, Erevik E, Sivertsen B, Bjorvatn B, Waage S, Pallesen S. Sleep detriments associated with quick returns in rotating shift work: a diary study. *JOEM* 2017; 59: 522-527.

Vistisen HT, Garde AH, Frydenberg M, Christiansen P, Hansen ÅM, Andersen J, Bonde JP, Kolstad HA. Short-term effects of night shift work on breast cancer risk: a cohort study of payroll data. *Scand J Work Environ Health*. 2017 Jan 1;43(1): 59-67 http://www.sjweh.fi/show_abstract.php?abstract_id=3603&fullText=1#box-fullText

Waage S, Bjorvatn B. Health, psychosocial and workplace characteristics may identify nurses and midwives at risk of high absenteeism. *Ev Based Nurs* 2017; 20: 83.

Åkerstedt T, Kecklund G. What work schedule characteristics constitute a problem to the individual? A representative study of Swedish shift workers. *Appl Ergon* 2017; Mar;59(Pt A):320-325.

Åkerstedt T, Narusyte J, Svedberg P, Kecklund G, Alexanderson K. Night work and prostate cancer in men – a Swedish prospective cohort study. *BMJ Open*. 2017 Jun 8;7(6):e015751. doi: 10.1136/bmjopen-2016-015751
<http://bmjopen.bmj.com/content/7/6/e015751>

2016

Albrecht S, Kecklund G, Tucker P, Leineweber C. Investigating the factorial structure and availability of work time control in a representative sample of the Swedish working population. *Scand J Public Health*. 2016 May;44(3):320-8. pii: 1403494815618854
<http://sjp.sagepub.com/content/early/2015/11/27/1403494815618854.full.pdf+html>

Andreassen CS, Bakker A, Bjorvatn B, Moen BE, Magerøy N, Shimazu A, Hetland J, Pallesen S. Working conditions and individual differences associated with workaholism: A three-year prospective study of shift-working nurses. *Testing, Psychometrics, Methodology in Applied Psychology* 2016; 23: 285-298.

Garde AH, Hansen J, Kolstad HA, Larsen AD, Hansen ÅM. How do different definitions of night shift affect the exposure assessment of night work? *Chronobiol Int* 2016; 33(6):595-8.

Karhula K, Härmä M, Ropponen A, Hakola T, Sallinen M, Puttonen S. 2016. Sleep and satisfaction in 8- and 12-hour forward-rotating shift systems. *Chronobiol Int* 2016; 33: 768-75.

Kecklund, G. & Axelsson, J., 2016. Health consequences of shift work and insufficient sleep. *Bmj*, 355, i5210. doi: 10.1136/bmj.i5210

Leineweber C, Kecklund G, Lindfors P, Magnusson Hanson LL. Change in work-time control and work-home interference among Swedish working men and women: the SLOSH cohort study? *Int J Behav Med*. 2016; 23(6): 670-8.

Linkki julkaisuun:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5118396/pdf/12529_2016_Article_9565.pdf

Reknes I, Einarsen S, Pallesen S, Bjorvatn B, Moen BE, Magerøy N. Exposure to bullying behaviors at work and subsequent symptoms of anxiety: The moderating role of individual coping style. *Industrial Health* 2016; 54: 421-432.

Saksvik-Lehouillier I, Bjorvatn B, Magerøy N, Pallesen S. Hardiness, psychosocial factors and shift work tolerance among nurses. A two year follow-up study. *Journal of Advanced Nursing* 2016; 72: 1800-1812.

Thun E, Bjorvatn B, Åkerstedt T, Moen BE, Waage S, Molde H, Pallesen S. Trajectories of sleepiness and insomnia symptoms in Norwegian nurses with and without night work and rotational work. *Chronobiology International* 2016; 33: 480-489.

Thun E, Le Hellard S, Osland T, Bjorvatn B, Moen BE, Magerøy N, Steen V, Giddaluru S, Brattbakk H-R, Pallesen S. Circadian clock gene variants and insomnia, sleepiness, and shift work disorder. *Sleep and Biological Rhythms* 2016; 14: 55-62.

Tucker P, Albrecht S, Kecklund G, Beckers DGJ, Leineweber C. Work time control, sleep & accident risk: a prospective cohort study. *Chronobiology International*, 2016; 33, 619-629.

Vedaa Ø, Harris A, Bjorvatn B, Waage S, Sivertsen B, Tucker P, Pallesen S. Systematic review of the relationship between quick returns in rotating shift work and health-related outcomes. *Ergonomics* 2016; 59: 1-14.

Vedaa Ø, Krossbakken E, Grimsrud ID, Bjorvatn B, Sivertsen B, Magerøy N, Einarsen S, Pallesen S. Prospective study of predictors and consequences of insomnia: personality, lifestyle, mental health, and work-related stressors. *Sleep Medicine* 2016; 20: 51-58.

Waage S, Thun E, Reknes I, Moen BE, Magerøy N, Pallesen S, Bjorvatn B. Nattarbeid påvirker ikke menstruasjonen. *Sykepleien* 2016; 9: 44-46.

2015

Albrecht S, Kecklund G, Tucker P, Leineweber C. Investigating the factorial structure and availability of work time control in a representative sample of the Swedish working population. *Scand J Public Health*. 2015 Nov 30. pii: 1403494815618854. [Epub ahead of print]

Anttila T, Oinas T, Tammelin M, Nätti J. 2015. Working-Time Regimes and Work-Life Balance in Europe. *European Sociological Review*. Advance Access published July 29, 2015.

Berthelsen M, Pallesen S, Magerøy N, Tyssen R, Bjorvatn B, Moen BE, Knardahl S. 2015. Effects of psychological and social factors in shift work on symptoms of anxiety and depression in nurses. A 1-year follow-up. *J Occup Environ Med*. 57(10): 1127-1137.

Bjorvatn B, Magerøy N, Moen BE, Pallesen S, Waage S. 2015. Parasomnias are more frequent in shift workers than in day workers. *Chronobiol Int*. 32(10): 1352-8.

Buchvold H, Pallesen S, Øyane N, Bjorvatn B. Associations between night work and BMI, alcohol, smoking, caffeine, and exercise – a cross-sectional study. *BMC Public Health* 2015: 15: 1112. Linkki julkaisuun: <http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-2470-2>

Härmä M, Ropponen A, Hakola T, Koskinen A, Vanttola P, Puttonen S, Sallinen M, Salo P, Oksanen T, Pentti J, Vahtera J, Kivimäki M. 2015. Developing register-based measures for assessment of working time patterns for epidemiologic studies. *Scand J Work Environ Health*. 41(3): 268-79. Linkki julkaisuun: http://www.sjweh.fi/show_abstract.php?abstract_id=3492

Pylkkönen M, Sihvola M, Hyvärinen HK, Puttonen S, Hublin C, Sallinen M. 2015. Sleepiness, sleep, and use of sleepiness countermeasures in shift-working long-haul truck drivers. *Accid Anal Prev*. 80: 201-10. Linkki julkaisuun: <http://www.sciencedirect.com/science/article/pii/S000145751500113X>

Roelen CAM, Heymans MW, Thun E, Reknes I, Laaksonen M, Magerøy N, Twisk JWR, Bjorvatn B, Pallesen S, Moen BE. 2015. Predictive value of the SF-12 for sickness absence due to mental, musculoskeletal, and other somatic sickness disorders. *J Occup Environ Med*. 57(10): 1113-8.

Sallinen M, Hublin C. 2015. Fatigue-Inducing Factors in Transportation Operators. In: Popkin SM, editor. Reviews of Human Factors and Ergonomics: Worker Fatigue and Transportation Safety. Sage Publications; 2015. pp. 138-67.

Åkerstedt T, Knutsson A, Narusyte J, Svedberg P, Kecklund G, Alexanderson K. 2015. Night work and breast cancer in women: a Swedish cohort study. BMJ Open. 5(4):e008127. Linkki julkaisuun:

<http://bmjopen.bmj.com/content/5/4/e008127.long>

Avainsanat

[työaika](#)