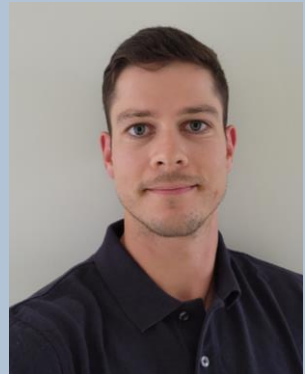


The Role of Sleep Behaviour and Sleep Environment in Sleep of Shift Workers in Extractive Industries

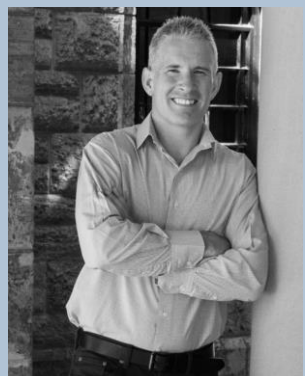
Research Team



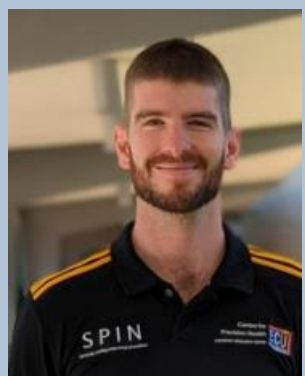
Mr Philipp Beranek



Dr Travis Cruickshank



Dr Ian C. Dunican



Dr Mitchell Turner

1. We are investigating

How the sleep habits (e.g., caffeine intake) and the at-home and/or on-site sleep environment (e.g., bedroom temperature) affect the sleep of shift workers in the Mining, Oil and Gas, Harvesting, and Quarrying industry in Australia.

2. Why is this research important?

- Shift workers in extractive industries have been shown to experience poor sleep, which can impact health and performance.
- It is important to identify modifiable factors that impact sleep.
- The influence of the sleep habits and the sleep environment on the sleep of shift workers in extractive industries is not yet understood and warrants investigation.
- This research will assist the development of practical solutions for improved sleep in this population.

3. What is the survey about?

This survey includes questions about your demographics (e.g., age), your sleep schedule (e.g., wake up time), your sleep habits (e.g., caffeine timing), your sleep environment (e.g., too hot), and your sleep (e.g., sleep quality).

This survey

- takes 15 minutes,
- is a one-off,
- is online,
- is anonymous.

4. What is the benefit to you?

By completing this survey, you...

- can tell us your experiences,
- support us in developing individual and organisational improvements,
- receive the opportunity to participate in future sleep-related studies with sleep trackers, environmental monitors, and personalised reports.

5. Are you eligible?

You are eligible to complete this survey if you...

- are a shift worker,
- work in the Mining, Oil and Gas, Harvesting, or Quarrying industry,
- are 18 years or above,
- and have a residential address in Australia.

Complete the survey now



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to stay up to
date and
access study
information.

Do you have any
questions?

Contact us
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