

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

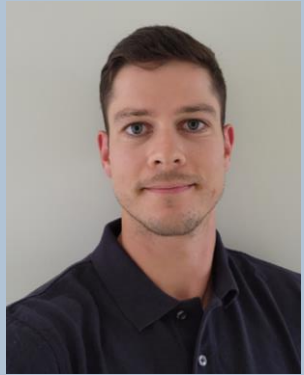
Complete the survey now



<https://redcap.link/gmmhaxy9>



RESEARCH TEAM



Mr Philipp Beranek

(MSc, BSc)

- Sport and Exercise Scientist
- PhD Candidate at ECU



Dr Travis Cruickshank

(PhD, BSc)

- Human Biologist and Sport and Exercise Scientists
- Neuroscientist
- Research Fellow at the Centre for Precision Health at ECU



Dr Ian C. Dunican

(PhD, MMEng, MBA, GC(ASc), BA)

- Chronobiologist and Sleep Scientist
- Senior Research Fellow at UWA
- Director of Melius Consulting & Sleep4Performance



Dr Mitchell Turner

(PhD, MSc, GC(ASc), BSc)

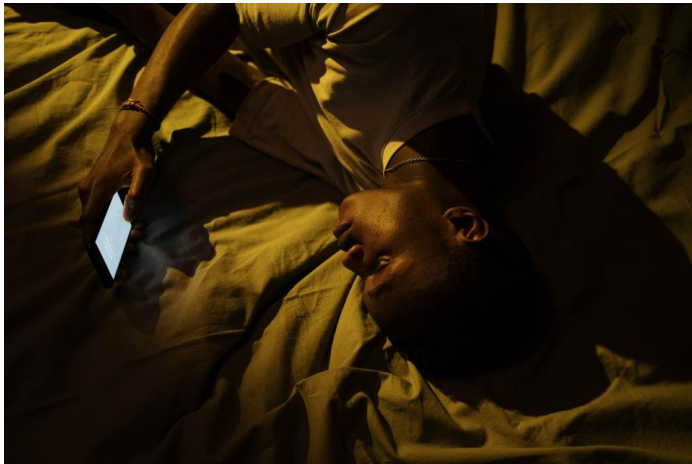
- Sport and Exercise Scientist
- Sleep Scientist
- Research Fellow at ECU

Complete the survey now



<https://redcap.link/gmmhaxy9>

OUR AIM



To **investigate**, how

- the **sleep habits** (e.g., caffeine intake)
- the **sleep environment** (e.g., bedroom temperature)

affect the sleep of **shift workers** in the mining, oil and gas, quarrying, and harvesting industries in Australia.

Complete the survey now



<https://redcap.link/gmmhaxy9>

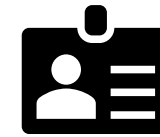
ABOUT THE SURVEY

Sleep



e.g.,

- Quality
- Duration



Demographics

e.g.,

- Age
- Type of shifts

Sleep environment



e.g.,

- Light
- Noise



Sleep schedule

e.g.,

- Time you go to bed
- Time you wake up



Sleep habits

e.g.,

- Caffeine timing
- Electronic device use



15 minutes



One-off



Online



Anonymous

Complete the survey now



<https://redcap.link/gmmhaxy9>

TARGET PARTICIPANTS

Adult (18+) shift workers in the

- **Mining** industry
- **Oil and gas** industry
- **Harvesting** industry
- **Quarrying** industry

with **residential address in Australia**



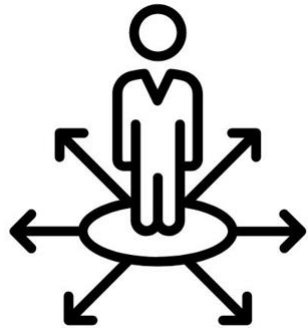
Complete the survey now



<https://redcap.link/gmmhaxy9>

PARTICIPANTS BENEFIT

- ✓ **Your opportunity to tell** us your experience as a shift worker and provide information about your sleep.



- ✓ **You will support** us in developing individual and organisational improvements.



- ✓ **Your opportunity to participate** in future sleep-related studies with sleep trackers and personalised reports.



Complete the survey now



<https://redcap.link/gmmhaxy9>

LINKS & MORE

Complete the survey now.



1 ➔ <https://redcap.link/gmmhaxy9>

Follow us on social media

SleepRoomAU



& visit our website

3 ➔ www.sleeproom.au

**to stay up to date and
access study information.**

Thank you for completing and sharing this survey.