



Unveiling the Impact of Job Trauma on Sleep Health in the Corporate Sector

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INTRODUCTION

Employment refers to the state of being engaged in paid work or having a job. It encompasses various aspects such as working hours, job roles and responsibilities, employment status (full-time, part-time, temporary, contract, etc.), and job satisfaction. Employment provides individuals with financial stability, opportunities for career growth, social connections, and a sense of purpose. However, factors like job stress, workload, work-life balance, and job security can significantly influence an individual's experience in the workforce and their overall well-being.

DESCRIPTION

The associations between employment status, working time, job satisfaction, and sleep duration and quality among individuals in the corporate sector are of significant interest in understanding the interplay between work-related factors and sleep health. Research has delved into these relationships, shedding light on how work conditions and job satisfaction impact sleep patterns and overall well-being. Several studies have examined the impact of employment status on sleep duration and quality among corporate employees. Generally, full-time employees may experience more consistent work schedules and greater job security, potentially leading to better sleep outcomes compared to part-time or contract workers who may face job insecurity and irregular work hours. However, high job demands and long working hours associated with full-time positions can also contribute to sleep disturbances and insufficient sleep. Working time arrangements, such as shift work or irregular schedules, can significantly affect sleep patterns and quality. Shift workers, including those working night shifts or rotating shifts, often experience disruptions to their circadian rhythms, leading to sleep difficulties and increased risk of sleep disorders. Irregular work schedules can also disrupt sleep continuity and lead to sleep deprivation, impacting overall health and well-being. Job satisfaction is another crucial factor influencing sleep duration and quality

among corporate employees. Studies have shown that job satisfaction is positively associated with better sleep outcomes, including longer sleep duration and improved sleep quality. Employees who feel satisfied and fulfilled in their work are more likely to experience lower levels of work-related stress and anxiety, leading to better sleep patterns and overall sleep health. Furthermore, job-related stress and workload are key determinants of sleep duration and quality among individuals in the corporate sector. High job stress, excessive workload, and job insecurity can contribute to sleep disturbances, insomnia symptoms, and reduced sleep quality. Chronic exposure to work-related stressors can also increase the risk of developing sleep disorders such as insomnia, sleep apnea, and restless legs syndrome. Work-life balance plays a significant role in sleep health among corporate employees. Balancing work responsibilities with personal and family commitments is crucial for maintaining adequate sleep duration and quality. Flexible work arrangements, supportive organizational policies, and access to resources promoting work-life balance can positively impact sleep outcomes and overall well-being. Moreover, the use of technology and electronic devices in the workplace can influence sleep habits and sleep quality. Excessive screen time, especially before bedtime, can disrupt circadian rhythms and interfere with the onset of sleep. Encouraging healthy digital habits, such as limiting screen exposure before bedtime and promoting relaxation techniques, can improve sleep quality among corporate professionals.

CONCLUSION

In conclusion, the associations between employment status, working time, job satisfaction, and sleep duration and quality among individuals in the corporate sector underscore the complex interplay between work-related factors and sleep health. Strategies aimed at promoting work-life balance, reducing job-related stress, and fostering a supportive work environment can contribute to better sleep outcomes and overall well-being among corporate employees.

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