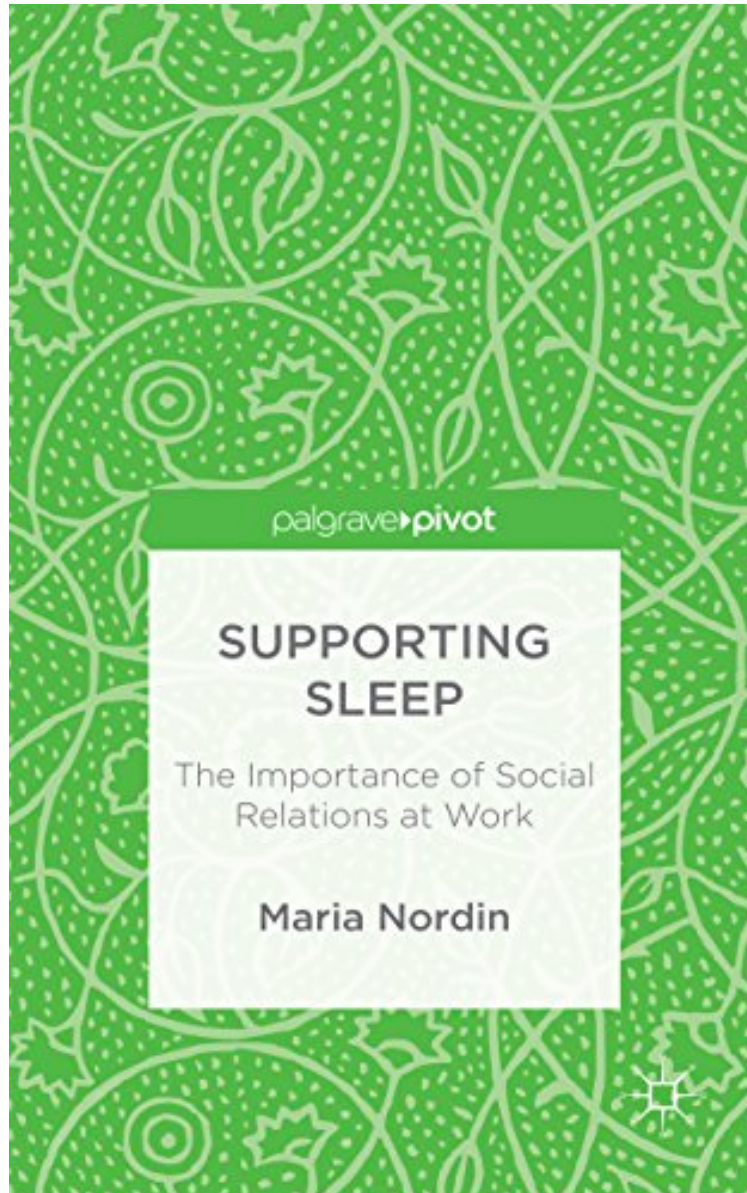


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Supporting Sleep: The Importance of Social Relations at Work

M. Nordin

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M. Nordin : Supporting Sleep: The Importance of Social Relations at Work before purchasing it in order to gauge whether or not it would be worth my time, and all praised Supporting Sleep: The Importance of Social Relations at Work:

Social support and sleep are both health promoting factors and important in the prevention of illness and sick-leave.

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.

About the Author Maria Nordin is Associate Professor in Psychology and Senior Lecturer at the Department of Psychology at Umeå University in Sweden. She has published articles on topics including social support and sleep, psychosocial work factors and health, return to work in patients with burnout, and the impact of the forest in the rehabilitation of these patients.