

## 7.0. Sleep quality and/or duration

**Population:** Adults (aged 18-64 years)  
**Exposure:** Duration, frequency and/or intensity of OPA, or a compositional score reflecting total volume of OPA.  
**Comparison:** No OPA, or a lesser duration, frequency and/or intensity, no or a smaller compositional score of total volume of OPA.  
**Outcome:** Sleep quality/and or duration

Certainty assessment							Summary of findings	Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			

### Association between insomnia and job stress: a meta-analysis (Yang, 2018) (135)

7 <sup>a</sup>	4 cross sectional  3 prospective	Serious <sup>b</sup>	Serious <sup>c</sup>	Not serious	Serious <sup>d</sup>	Strong association	<p><b>OPA:</b> The odds ratio for the relationship between heavy workload was and insomnia (OR= 2.76; 95%CI: 1.71-4.45) suggesting that a higher workload is related to and increased risk of insomnia symptoms in this populations</p> <p><b>LTPA:</b> LTPA was not assessed in this study.</p>	Low <sup>e</sup>	Important
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a: Tachibana 1998; Akerstedt 2002; Linton 2004; Ota A 2005; Ota A 2009; Akerstedt 2012; Yoshioka 2013.

b: We considered that measurements made with those questionnaires did not provide such good quality as the standard scales, which may enhance the risk of bias.

c: High heterogeneity

d: Serious imprecision due to the broad confidence intervals.

e: Certainty downgraded from high to very low because of serious risk of bias, inconsistency and imprecision. Certainty upgraded from very low to low because of a strong association (RR >2.0)