

1001 nights-cohort

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Aim of the cohort

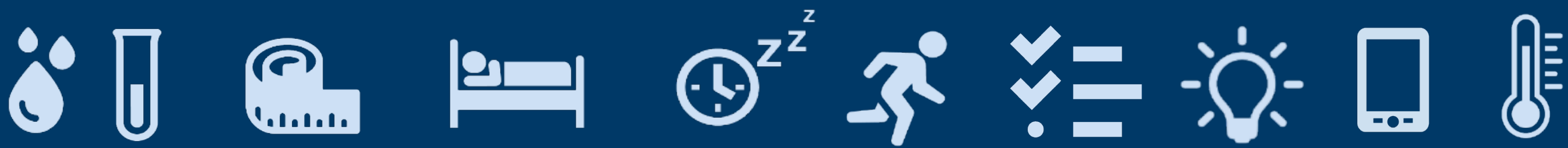
The 1001 nights-cohort can contribute with knowledge about how working hours can be scheduled in order to reduce short- and long-term health consequences.

Data collection

Data for the cohort were collected from September 2022 to April 2024 among healthy female hospital employees across the country.

The data collection included a questionnaire and a blood sample. Daily sleep actigraphy and sleep diaries were collected for 14 days. Light exposure, physical activity, skin temperature and blood glucose were measured continuously for 7 days in subsamples. Saliva samples were collected five times for 1 day in subsamples.

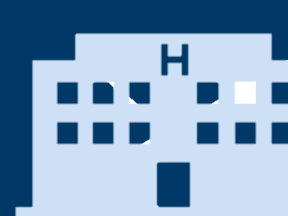
Data sources



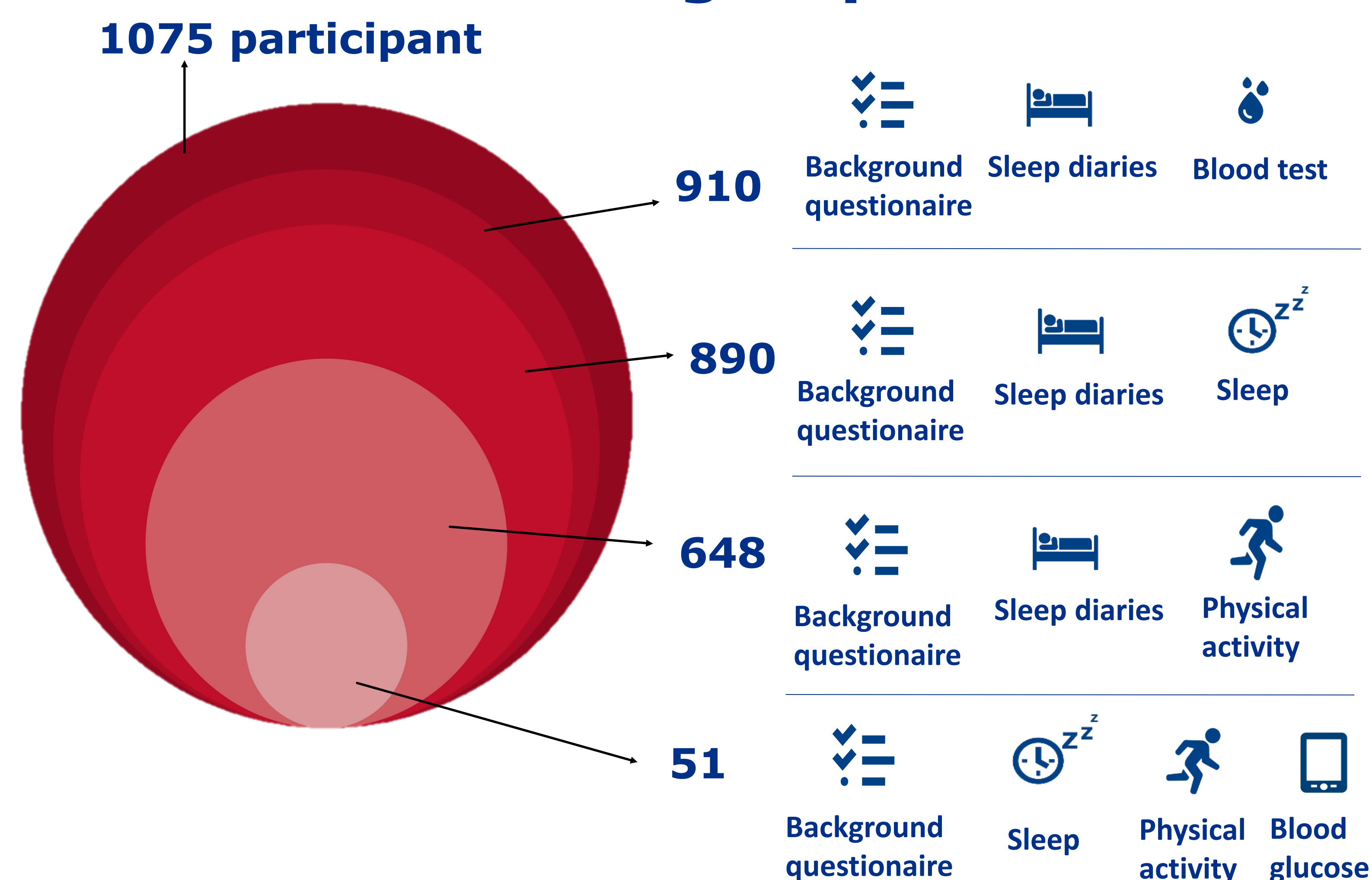
 **1070** measurements of blood pressure, height, weight, hip and waist circumference

 **92%** completed the background questionnaire

 **92%** completed all or some of the 14 sleep diaries

 Observations from 4553 day shifts, 997 evening shifts, 1963 night shifts, and 6458 days without work

Sub-groups



Characteristics

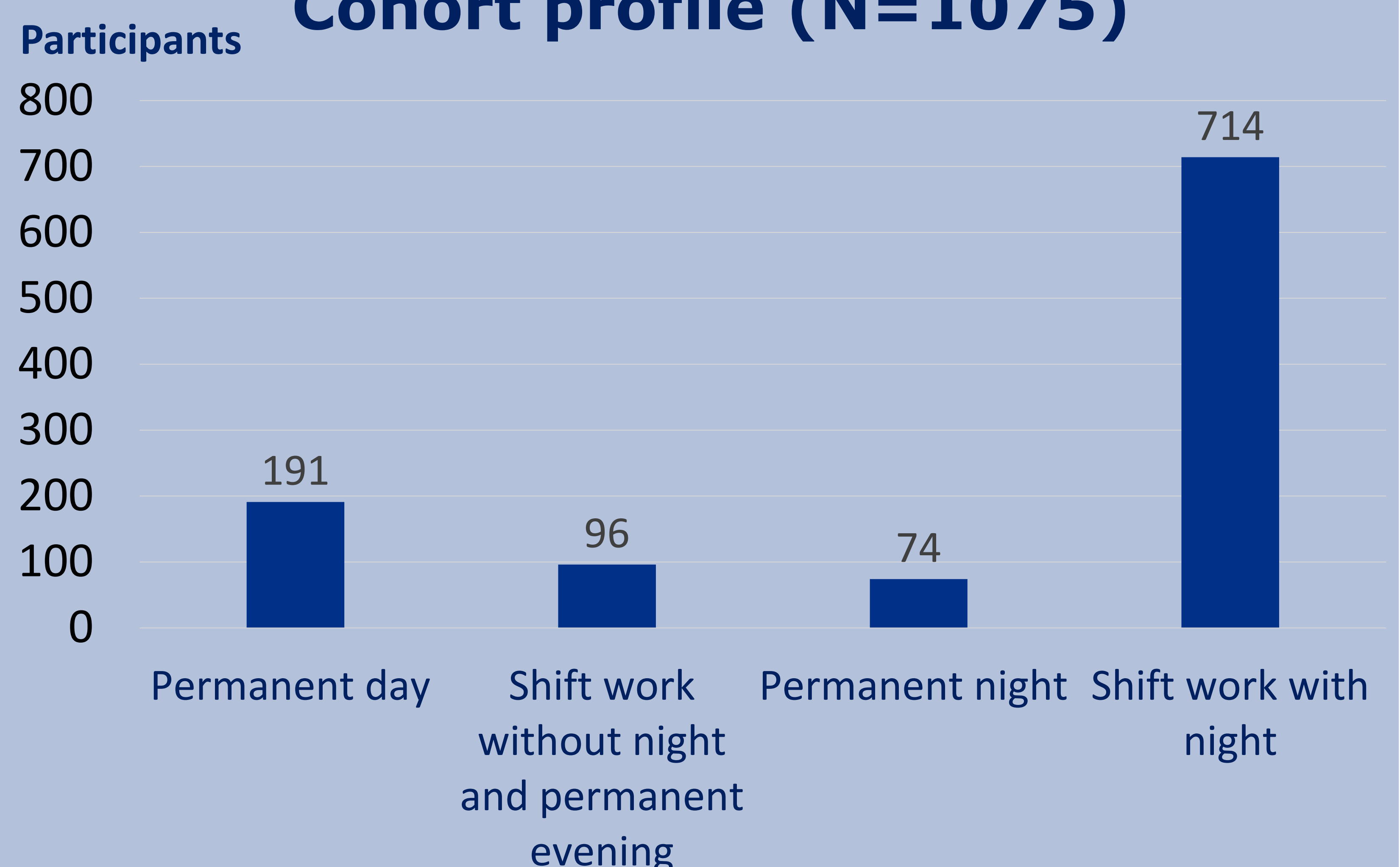
 Mean age **41.4** years

 Mean weekly working hours **31.8**

 Mean years with night shifts **10.8**

 **18.6 %** reported excellent/very good sleep

Cohort profile (N=1075)



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