

1) Preferred Presentation Format:

Individual Oral Presentation

2) Topic/Target Audience:

This presentation aims to reach researchers and practitioners who develop and evaluate public health programs. Specifically, this presentation would be of interest to those engaged in the development or assessment of workplace wellness interventions.

3) Title:

Increasing Team Truck Drivers' Walking Time and Sleep Hygiene Behaviors to Improve Sleep Quality

4) Author(s):

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5) Presenter(s):

Jarred Rimby

6) Abstract:

Purpose:

Irregular sleep schedules, whole-body vibration exposures, and sedentary work put commercial team truck drivers at-risk for fatigue, crashes, chronic disease, and early mortality. The Tech4Rest study (U19OH010154) is evaluating cab enhancements (seat and mattress) and a physical-activity intervention (Fit4Sleep) to improve driver sleep. The current presentation reports preliminary participation data from Fit4Sleep.

Procedures:

Drivers (n=8) completed Fit4Sleep over 13 weeks. Teams set weekly walking goals and competed against one another to meet their goals on the most weeks. The competition involved online trainings, walking and sleep hygiene self-monitoring, and health coaching calls. Participants completed pre- and post-surveys, and wore wrist and hip accelerometers (Actigraph GT3X+, Pensacola, FL) for ten days at two time points during the intervention.

Results:

While data collection/analysis remains ongoing, Fit4Sleep website data indicates that drivers increased weekly walking time by 141 minutes (mean) during the first week and 50% of drivers met their walking goal on at least 10 of 13 possible weeks. Actigraphic and self-reported sleep quality/duration will be available in time for presentation.

Conclusions:

Preliminary results suggest Fit4Sleep was engaging for teams, and increased their walking time in a highly sedentary occupation. Impacts on sleep and fatigue will be available in the future.

7) Learning Objective:

Understand the association between fatigue and crash risk amongst team drivers.

8) Contact Information:

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