

Tailored Treatment of Insomnia in Social and Health Care Sector Shift Workers in Occupational Health Care

NCT06827626

Status	RECRUITING
Phase	Not Applicable
Sponsor	Finnish Institute of Occupational Health
Enrollment	84 participants

Key Eligibility Criteria

Inclusion (8)

- age 18-65 years
- working in social and health care sector
- or 2-shift work including night shift at least once per month
- full time or nearly full time shift work (75-100 %)
- Insomnia Severity Index score \geq 10

... and 3 more (see full listing online)

Exclusion (3)

- non-assessed or untreated clinically significant somatic or mental symptoms or illnesses or other sleep disorders that could explain current insomnia symptoms
- earlier participation to CBT-I
- other ongoing or planned psychotherapeutic/psychological intervention

Locations (4 total)

Joint Authority HUS, Helsinki, Uusimaa, Finland
Finnish Institute of Occupational Health, Helsinki, Uusimaa, Finland
Terveystalo Oyj, Helsinki, Uusima, Finland
... and 1 more locations