

**Weekday/weekend sleep patterns changes during work from home: Preliminary data from Taiwan.**

Ming-Chuan University

Department of Counseling and Industrial/Organizational Psychology

Fan-Chi Hsiao\*, Yi-Chen Wang

**Objective:** The aim of this study was to compare the differences of sleep patterns between people working from home and people working from office.

**Methods:** We conducted an online survey to recruit full-time workers (aged 25-55 years) with minor children. The questionnaires include the Work-Family Conflict Scale (WFCS) to measure work and family conflict; the Chinese Version Pittsburgh Sleep Quality Inventory (cPSQI) to assess sleep quality; and the Munich Chronotype Questionnaire (MCTQ) to measure chronotype. A series of statistical analyses was performed to examine the data. Firstly, descriptive statistics were conducted to calculate the means and standard deviations. Then, an independent *t* test was conducted to identify the group differences between people working from home and working from office.

**Results:** A total of 150 workers completed the online survey questionnaire, and the final sample comprised 100 workers (44.6% male; average age:  $37.14 \pm 6.54$  years). Thirty workers worked from home in this study, and all participants had more than 1 minor child ( $\leq 12$  years). Independent *t* tests were conducted to compare the weekday/weekend differences in sleep patterns between people working from home and working from office. There were significant differences in sleep-onset time (SOT), get-up time (GUT) during weekdays between the two groups. People working from home had later SOT ( $t=2.497, p=.014$ ) and GUT ( $t=2.266, p=.026$ ) during weekdays than people working from office. Though there were no significant differences in sleep patterns during weekends, people working from home tended to have later SOT ( $t=1.903, p=.060$ ) during weekends. There was no significant difference in the score of PSQI ( $t=1.089, p=.283$ ) and WFCS ( $t=-.963, p=.338$ ) of the two groups.

**Conclusion:** The data from the questionnaire revealed that people working from home showed later sleep patterns during weekdays than people working from office. But, subjective sleep quality and work and family conflicts did not differ significantly between the two groups. These findings seem to suggest that working from home only changes the daily rhythm of sleep and wake patterns, but not the sleep quality. However, the main limitation of this study is the small number of participants.

中文題目：居家工作者的週間週末睡眠模式差異：臺灣資料初探

作者：蕭帆琦<sup>1\*</sup> 王翊蓁<sup>1</sup>

服務單位：銘傳大學諮商與工商心理學系<sup>1</sup>