

Sleep and well-being during the recent online activities and during the return to face-to-face activities: faculty and non-teaching staff

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Goal of Study

- The goal was to examine the sleep experiences and well-being of faculty and non-teaching staff at Dawson College during the recent COVID-19 remote working period as well as during the return to in-person work.

- Highlighted positive and negative outcomes of each period.

Methodology

Participants (1 English college)

- 4 focus groups + 20 Interviews
 - Faculty (n = 22)
 - Non-teaching staff (n = 21)



Measures

- Focus group/interview questions:
 - What were positive and negative factors that affected your sleep and well-being during the remote teaching/working period?
 - What were positive and negative factors that affected your sleep and well-being during the return to in-person teaching/working?
 - Is there anything else you would like to tell us about your sleep?

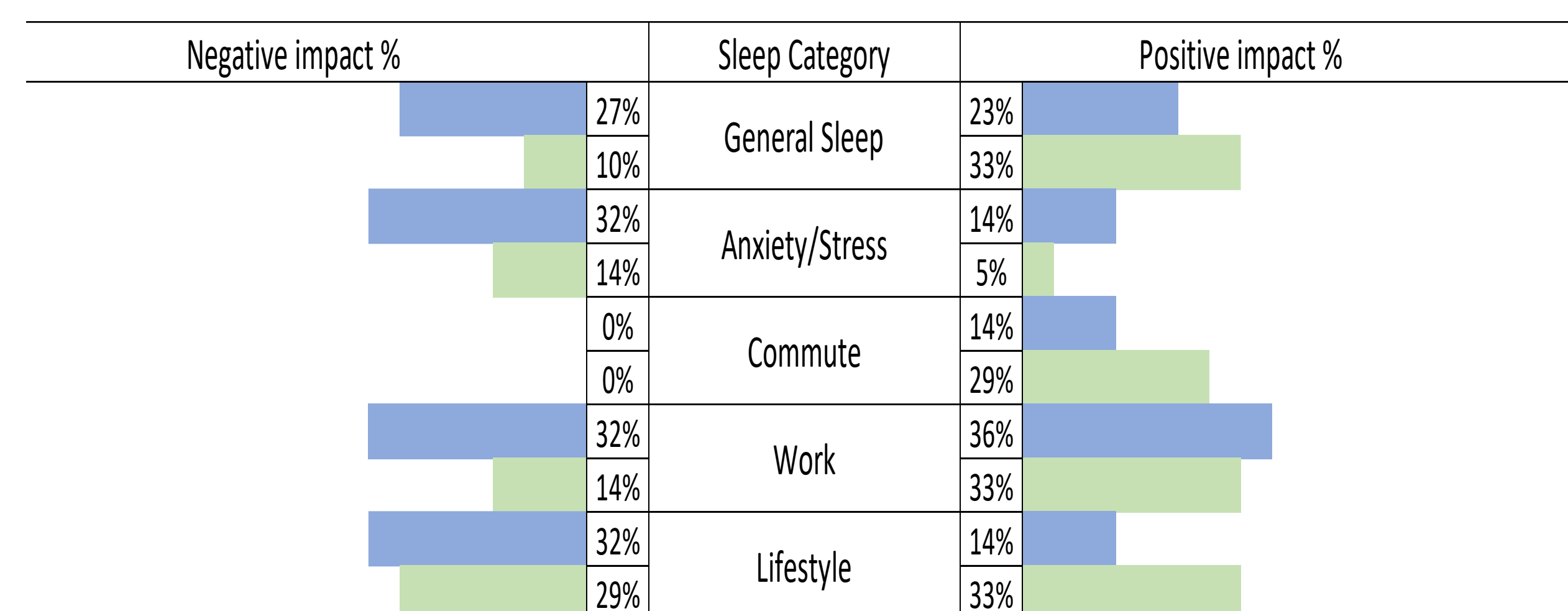
Analysis

- Group thematic coding
 - Sleep categories
 - Well-being categories

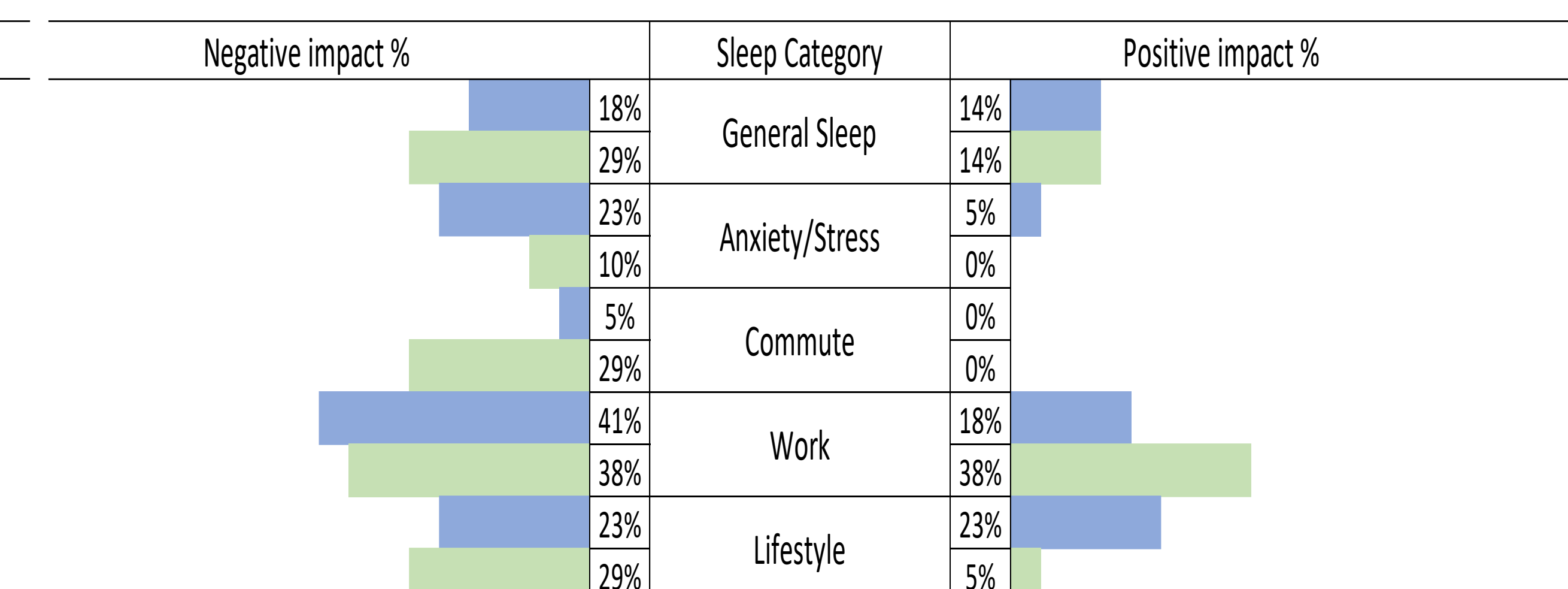


Results

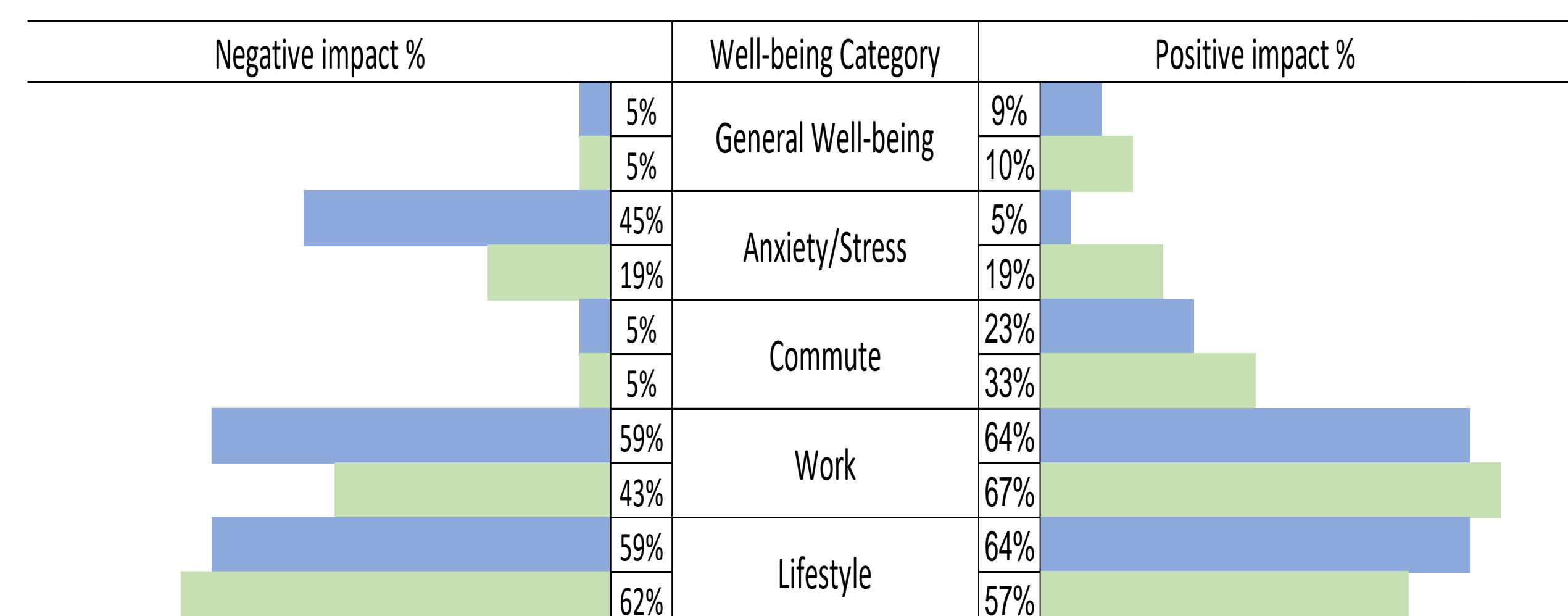
Sleep Experiences during Remote



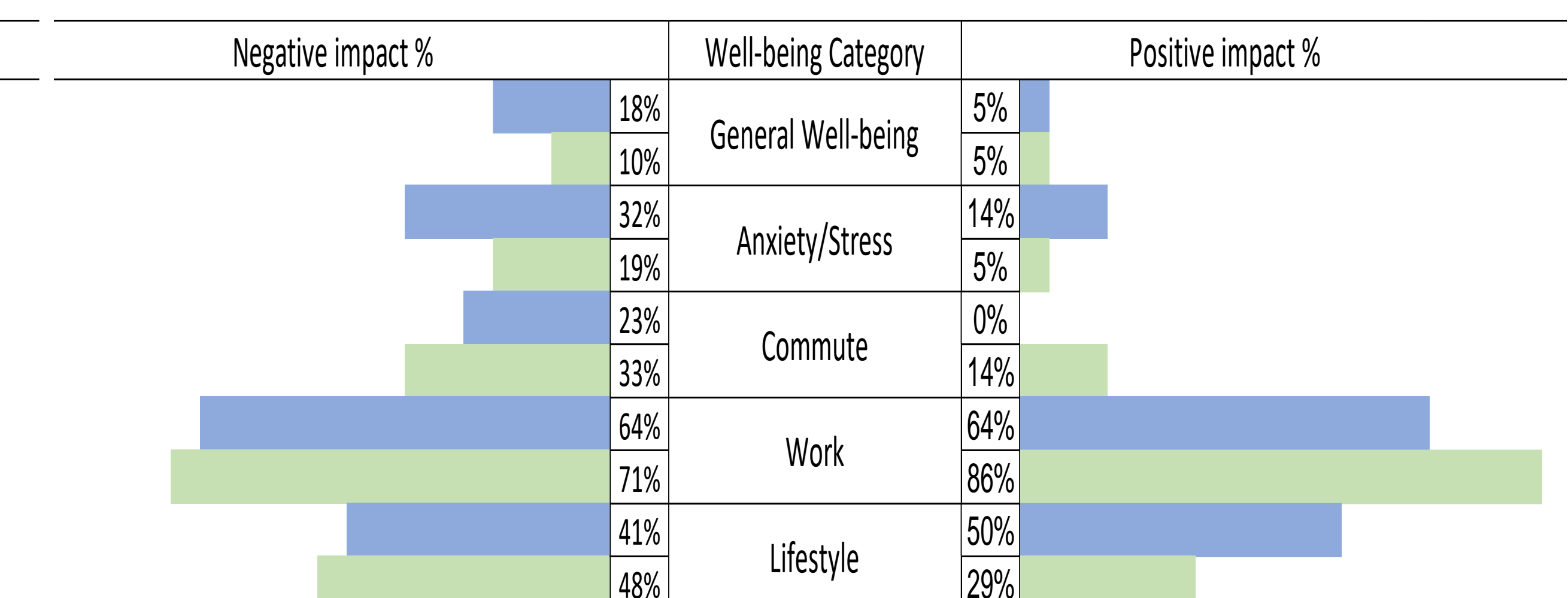
Sleep Experiences during the Return to In-person



Well-being during Remote



Well-being during the Return to In-person



- More participants commented on their well-being than their sleep.
- Faculty experienced slightly more negative sleep and well-being outcomes during the COVID-19 remote period.
- Overall, the highest number of participants commented on positive well-being impacts regarding work during the return to in-person.
- However, both faculty and staff commented more on negative outcomes on sleep and well-being during the return to in-person teaching/working.

Take-Home Messages

- There were positive and negative impacts on sleep and well-being during both time periods.
- Sleep and well-being outcomes were slightly better during the remote period, especially for staff members.
- The return to in-person seemed to contribute to significantly more negative sleep and well-being outcomes for both faculty and staff.