

Do underground workspaces impact workers health?

Citation for published version (APA):

Dunleavy, G. (2021). *Do underground workspaces impact workers health? A cohort study examining sleep quality, psychological distress and health-related quality of life*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20210628gd>

Document status and date:

Published: 01/01/2021

DOI:

[10.26481/dis.20210628gd](https://doi.org/10.26481/dis.20210628gd)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions

Accompanying the dissertation

Do underground workspaces impact workers health?

A cohort study examining sleep quality, psychological distress and health-related quality of life

1. Regardless of working in under or aboveground workspaces, indoor environmental parameters impact worker's psychological distress and sleep quality (this dissertation).
2. Subjectively and objectively measured parameters of sleep are associated with workers physical and mental health-related quality of life (this dissertation).
3. The Pittsburgh Sleep Quality Index should be considered as a multidimensional tool in the assessment of sleep quality among working populations in Singapore (this dissertation).
4. As poor sleep quality and insufficient sleep duration are prevalent among workers in Singapore, implementing sleep-related interventions may improve sleep quality and health-related quality of life among workers in Singapore (this dissertation).
5. Longer working hours negatively impacts the psychological health of workers in Singapore (this dissertation).
6. Continued collaboration between employers, policymakers and Singapore's Health Promotion Board is needed to develop and implement evidence-based health-promoting policies in workplaces in Singapore
7. Lighting standards are currently set according to the illuminance required to perform tasks rather than considering what light levels may support optimum health
8. The workplace is a priority setting for health promotion because the setting provides an ideal opportunity to support the physical, mental, economic and social well-being of workers
9. *"Human prosperity and empathy and respect for all living creatures are not mutually exclusive; they can go hand in hand. In fact, that may be the key to our survival"* - Enric Sala
10. *"We're all born without hate"* - Damien Dempsey
11. *"Only a life lived for others is a life worthwhile"* - Albert Einstein