

Do underground workspaces impact workers health?

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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