

WINC 2026 – Preliminary program

Lysebu hotel, Oslo, Norway

Thursday 17. September	
15:00	Check-in from 15:00. If you need earlier check-in, please contact the hotel directly.
19:00	Conference dinner

Friday 18. September	
07:00	Breakfast
08:00	Welcome to WINC Dagfinn Matre, Anne Helene Garde
08:15	Keynote: Working time research – where are we and where should we go? Mikko Härmä Chair: Anne-Helene Garde
08:50	Oral session 1, Physiological impacts, chair: Kirsten Nabe-Nielsen
08:50	Night work and breast cancer risk: Preliminary results from an extended, updated cohort of female healthcare workers Carolina Bigert , Per Gustavsson, Seth Addo, Maria Albin, Jenny Selander, Emma Brulin
09:05	How many years does it take to develop cardiovascular risk factors and is it possible to identify how many annual night shifts a worker in industry has beyond which adverse effects first appear? A cross-sectional study of 130 men in industry. Marit Skogstad
09:20	Break 5 min
09:25	Circulating metabolic signatures in women with day or night shift work Stephanie Cheng Hammel, Sofie Blizkovská, Kirsten Nabe-Nielsen, Anne Helene Garde
09:40	Vigilant performance decrements due to extended work hours, and worker incidence risk Petter Olimb , Borgar Brenna, René Jürgen Huster, Stein Knardahl, Dagfinn Matre
09:55	Effects on blood markers for stress, metabolism and inflammation in nurses working quick returns (<11h between shifts) – and experimental field study Kristin Öster, Anna Dahlgren, John Axelsson, Anders Larsson, Bijar Ghafouri, Jenny Hadrevi
10:10	Associations Between Napping and Headaches During Consecutive Night Shifts: A 28-Day Diary Study of Norwegian Nurses Dagfinn Matre , Stein Knardahl, Mikko Härmä, Jan Olav Christensen, Kristian Bernhard Nilsen
10:25	Break 15 min, with snacks
10:40	Oral session 2, Work schedules, chair: Kristin Öster
10:40	Banning quick returns – the experiences of elderly-care workers in Sweden Philip Tucker , Kristin Öster, Marie Söderström, Anette Harris, Annina Ropponen, Anna Dahlgren
10:55	Transition to part-time work in public healthcare in Finland – effects on working hour characteristics and long-term consequences on turnover Annina Ropponen , Kati Karhula, Elli Hartikainen, Taina Leinonen
11:10	Split shifts: A possibility for recovery or a risk for health problems – A two-wave observational cohort study of nursing staff in Sweden Emma Brulin , Göran Kecklund, Ninni Norlinder, Maria Albin

11:25	Compressed work schedules and employees' experience of quality in long-term care Vilde Hoff Bernstrøm and Mari Ingelsrud
11:40	Modelled circadian adaptation to night shifts at high latitude: Linking light exposure to performance Andreas N Holme , Dagfinn Matre, Fred Haugen, Line V Moen, Andrew JK Phillips
11:55	Flexible work arrangements and well-being in small and medium sized enterprises Malin Svensson , Camilla Zetterberg, Marina Heiden
12:10	Lunch
13:10	Poster session, chair: Annina Ropponen
	Extended Shifts and Work-Life Conflict in Health Personnel: A Three-Wave Longitudinal Study Wendy Nilsen , Vilde H. Bernstrøm
	Combinations of work schedule characteristics and risk of injuries - Study design Jonas Gjerluf Christensen , Kirsten Nabe-Nielsen, Mikkel Munksgaard, Anne Helene Garde
	The effect of work-time influence on biological risk markers of disease: Preliminary results from the IWISH project Kirsten Nabe-Nielsen , Jonas Gjerluf Christensen, Mikkel Munksgaard, Marie Tolver Nielsen, Mette Sallerup, Sita Khadka, Anne Emily Saunte Fiehn Arup, Vivi Schlünssen, Anne Helene Garde
	Sleep duration and quality in permanent night workers versus rotating shift workers: A field study among female hospital employees using data from the 1001 nights-cohort Anne Emily Saunte Fiehn Arup , Kirsten Nabe-Nielsen, Marie Tolver Nielsen, Mette Sallerup, Anne Helene Garde
	The effect of work-time influence on sleep outcomes among female night shifts workers: Preliminary results from the IWISH project Marie Tolver Nielsen , Mette Sallerup, Mikkel Munksgaard Andersen, Anne Emily Saunte Fiehn Arup, Anne Helene Garde and Kirsten Nabe-Nielsen
	Towards an integrated view on recovery in shift work Marie Söderström , Anna Dahlgren, Kristin Öster, Phil Tucker, and Göran Kecklund
	Daily after-hours work-related connectivity and next-day recovery: The mediating role of positive and negative affective rumination. Kristine Lescoeur , Yanick Provost-Savard, Wendy Nilsen & Vilde Hoff Bernstrøm
	Saccadic Main Sequence as an Objective Marker of Fatigue Over a 16-Hour Simulated Workday Borgar Brenna , Stein Knardahl, Rene Huster, Dagfinn Matre
	Effects of Reducing the Number of Quick Returns (< 11 h off Between Shifts) on Turnover Intention and Job Satisfaction: a Cluster-Randomized Controlled Trial Among Healthcare Workers Erlend Sunde , Ingebjørg Louise Rockwell Djupedal, Øystein Vedaa, Ståle Pallesen, Bjørn Bjorvatn, Siri Waage, Morten Birkeland Nielsen, Stein Atle Lie, Bjarte Birkeland Kysnes, Anette Harris
	Night Work Is Associated with Adverse Nighttime Glycemia: A Repeated-Measures Field Study Using Continuous Glucose Monitoring Rasmus H. Reeh, Kirsten Nabe-Nielsen, Anders Aagaard, Jannet Svensson, Nanna Lind, Vivi Schlünssen, Thomas Mandrup-Poulsen and Anne Helene Garde

	<p>Shift work characteristics and sickness absence among midwives in Norway Hannah Aloysius Haug, Anette Harris, Marianne Lønnebotn, Erica Schytt, Eline S. Vi, Elisabeth Aanensen, Linn Marie Sørbye</p>
14:10	Oral session 3, Sleep, Cognitive Function, and Work Demands, chair: Siri Waage
14:10	<p>Association between work-time influence and perceived job demands across day, evening and night shifts: preliminary results from the IWISH project Mikkel Munksgaard Andersen, Mette Sallerup, Marie Tolver Nielsen, Anne Emily Saunte Fiehn Arup, Anne Helene Garde, Kirsten Nabe-Nielsen</p>
14:25	<p>Impacts of Night Work and Seasonal Variation on Wearable-Derived Sleep Architecture in Arctic Industrial Workers Fred Haugen, Fillip Sæther, Andreas N. Holme, Dagfinn Matre, Knut Inge Fostervold & Line Victoria Moen</p>
14:40	<p>Insomnia Symptoms as a Mediator of the Effects of Reduced Quick Returns on Turnover Intention Among Healthcare Workers: Results from a Cluster-Randomized Controlled Trial Bjarte Birkeland Kysnes</p>
14:55	<p>Predicting Sickness Absence with Sequences of Working Hours Anders Aagaard, Michele Coscia, Anne Helene Garde</p>
15:10	<p>Genotype influences on cognitive functioning during sleep deprivation: Findings from a military field study Harris, A, Sunde, E., Gjerstad, J., Segtnan, S., Kibsgaard, J., Axelsson, J., Pallesen, S</p>
15:25	<p>From demands to dreams: Job demands and post-shift sleep among hospital workers Mette Sallerup, Kirsten Nabe-Nielsen, Charlotte Juul Nilsson, Annika Helgadóttir Davidsen, Marin Strøm, Anne Helene Garde</p>
15:40	WINC business meeting
15:55	Closing