

A healthcare worker, likely a nurse, is shown in profile, wearing blue scrubs and a red stethoscope. Their eyes are closed, suggesting they are asleep or resting. The background is a solid blue color with faint, stylized white scrollwork patterns.

Screening Tools and Practical Techniques to Identify Shift Work Sleep/ Wake Disorder

Shift Work Disorder

- **ICD-9-CM code: 327.36**
- **ICD-10-CM code: G47.26**
- **Alternate names:**
 - Shift Work Sleep/Wake Disorder
 - Shift Work Sleep Disorder (SWSD)

ICSD-3 Diagnostic Criteria



Criteria A-D must be met:

- A. There is a report of **insomnia and/or excessive sleepiness, accompanied by a reduction of total sleep time**, which is **associated with a recurring work schedule** that **overlaps the usual time for sleep**.
- B. The symptoms have been present and associated with the shift work schedule for **at least 3 months**.
- C. Sleep log and actigraphy monitoring (whenever possible and preferably with concurrent light exposure measurement) for at least 14 days (work and free days) **demonstrate a disturbed sleep and wake pattern**.
- D. The sleep and/or wake disturbance are **not better explained by another** current sleep disorder, medical or neurological disorder, mental disorder, medication use, or substance use disorder.

Diagnosis of SWSWD in Primary Care

- During problem-oriented visit
 - Patient complaint of tiredness and/or insomnia
 - Ask about work schedule
- During follow-up for medical/psych problem
 - Possibly comorbid with SWD (cancer, weight gain, CV disease, diabetes, GI disorders, mood issues)
 - Ask about tiredness/insomnia and work schedule
- During yearly (complete) exam
 - Ask about sleep/wakefulness
 - Ask about work schedule

Therapies for SWSWD

	AASM Level of Recommendation
Planned sleep schedules	Standard
Timed light exposure	Guideline
Timed melatonin administration	Guideline
Hypnotics	Guideline
Alerting agents	Guideline

Standard: High degree of clinical certainty, level 1 or 2 evidence

Guideline: Moderate degree of clinical certainty, level 2 or consensus of level 3 evidence

Option: Uncertain clinical use, inconclusive or conflicting evidence

SWSWD=shift work sleep/wake disorder; AASM=American Academy of Sleep Medicine.

Morgenthaler TI, et al. *Sleep*. 2007;30:1445-1459.

Epworth Sleepiness Scale¹

Situation	Chance of Dozing Off
Sitting and reading	
Watching TV	
Sitting, inactive in a public place (eg, a theater or meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total Score	

ESS total score ≥ 10 indicates excessive sleepiness or sleep disorder²

1. Johns MW. *Sleep*. 1991;14(6):540-545.

2. Panossian LA, Avidan AY. *Med Clin North Am*. 2009;93:407-425.

0 = would **never** doze

1 = **slight** chance of dozing

2 = **moderate** chance of dozing

3 = **high** chance of dozing