
Do In-Home Domestic Caregivers Sleep?



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What is the Pilipino Workers Center?

- Founded in 1997
 - Provide immediate resources and services to Pilipino Workers
 - Organize around safe working conditions, living wages, decent living conditions, access to quality healthcare
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AB 241 - The Domestic Worker Bill of Rights

- Right to 1.5 times pay for overtime
 - Right to minimum wage
 - Do not have rights to meal or rest breaks
 - Does not require employers to keep time records
 - Expires 2017
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Who are Domestic Caregivers

- Men and women
 - Majority Immigrants from Philippines
 - Majority undocumented
 - Varied work backgrounds (some health related, some not)
 - Some are Certified Nurse Assistants
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Who are Domestic Caregivers?

- Provide in-home care 24 hours per day
- Provide care to patients with chronic illnesses and physical disabilities
- Perform assistance with ADLs and IADLs
- Provide care throughout night



Similar Situations for Other Workers

- Truck Drivers
 - Fatigue causes 110,000 injuries and 5,000 deaths in crashes related to commercial trucks per year
 - Nurses
 - Sleep deprivation increases risk of medical errors
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Research Questions

- What is the quality and quantity of sleep that domestic caregivers receive?
 - What conditions affect domestic workers' ability to sleep?
 - How does their sleep conditions impact their overall health?
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Who are our participants?



- Filipino Workers
Center members
 - 4 days per week
 - LA County
 - Filipino immigrant
men and women
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Methods

- Quantitative and qualitative interviews
 - Sleep log
 - Epworth scale
 - Pittsburgh scale
-

Sleep Log

Start Date:

Work

Home

Time	Sleep	Meal (min.)	Break (min.)
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM			
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:30 PM			
1:00 PM			
1:30 PM			

A handwritten sleep log on lined paper. The log is organized into four columns: Time, Sleep, Meal (min.), and Break (min.). The entries are as follows:

Time	Sleep	Meal (min.)	Break (min.)
6:00 AM	↓ M		
7:00 AM	M		
8:00 AM	↑		
9:00 AM			
10:00 AM		30 min	30 min
11:00 AM			
12:00 PM			
1:00 PM		30 min	30 min
2:00 PM	↓ M		
3:00 PM	M		
4:00 PM	↑		
5:00 PM			
6:00 PM			
7:00 PM		30 min	30 min
8:00 PM	↑		
9:00 PM			
10:00 PM			
11:00 PM			
12:00 AM	↓ M		
1:00 AM	M		
2:00 AM	↑ Check patient for 30 min		
3:00 AM			
4:00 AM	↓ M		
5:00 AM	M		

Sample Questions from the Interview

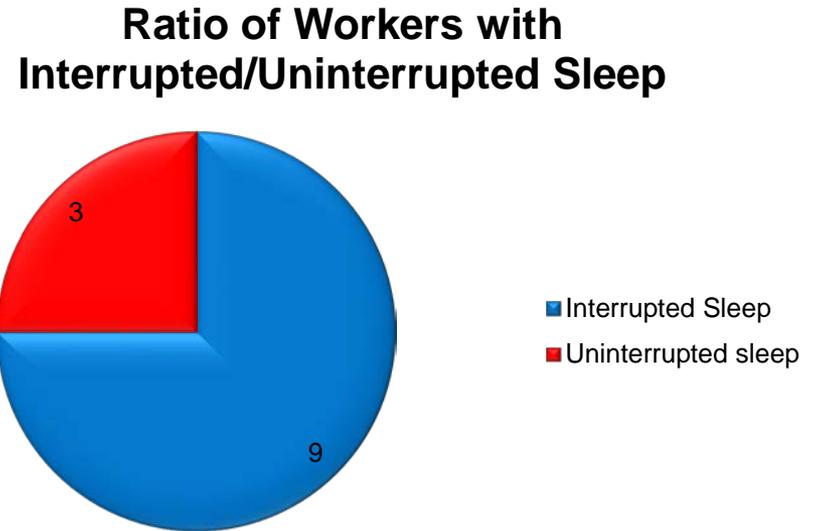
- Do you have an agreement with your employer about sleep and meal/break arrangements?
 - Do you have coworkers?
 - Do you have problems with your patient's attitude or behavior?
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Preliminary Results (Updated)

- 16 workers (including 4 informants) who completed sleep log and interview
 - In contact with 10 more workers
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Sleep Log/ Survey Results (Updated)

- On average, more than half of the workers wake up 2-3 times per night
- 10 out of 12 workers needed 30 minutes or more to fall asleep
- 9 out of 12 workers had interrupted sleep

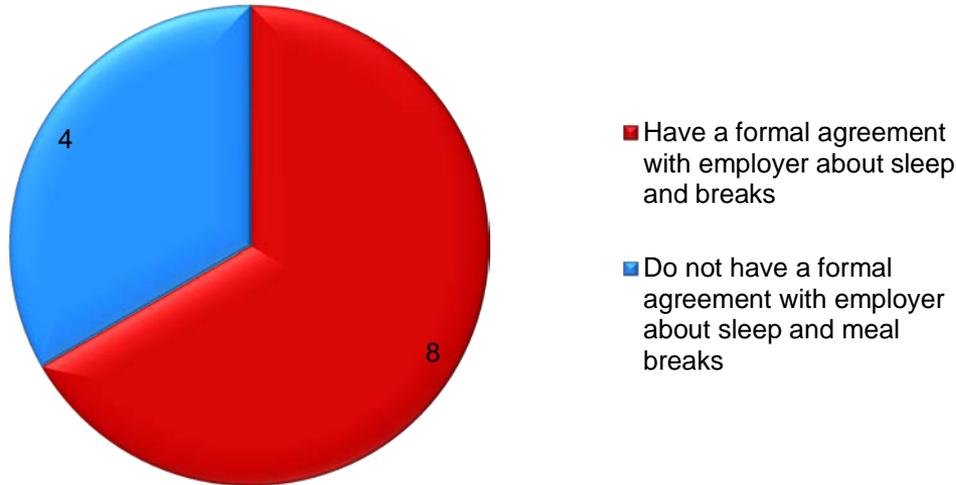


Sleep Log/ Survey Results (Updated)

- On average, workers get about 6.05 hours of sleep a day.
 - On average, the largest chunk of sleep workers receive without interruption is 6.5
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Qualitative Results (Updated)

Workers With/Without Formal Agreement With Employer about sleep and breaks



- 10 out of 12 workers are directly hired by employer versus by an agency
 - All of the workers file for taxes as independent contractors (1099)
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Qualitative Results

- 7 out of 12 of workers travel over 2 hours by bus to get to work.
 - All of workers administer medications to patients and assist with some form of ambulation.
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Challenges to Data Collection

- Workers are hard to reach because they cannot leave workplace or do not know the next time they would have a day off
 - Workers may not qualify for our project, as their work is incumbent on the patient's health condition.
 - Unpredictable schedules
 - Self-reported sleep logs
-

Karen*, 57

“[I get paid] \$130 per day. It’s not per hour but we’re doing the daily time record per hour. We write it out, that’s the agency told us. My time sheet there we put 8 to 5 only but we’re working 24 hours. There’s a lot of problems like that.”

*name changed for anonymity



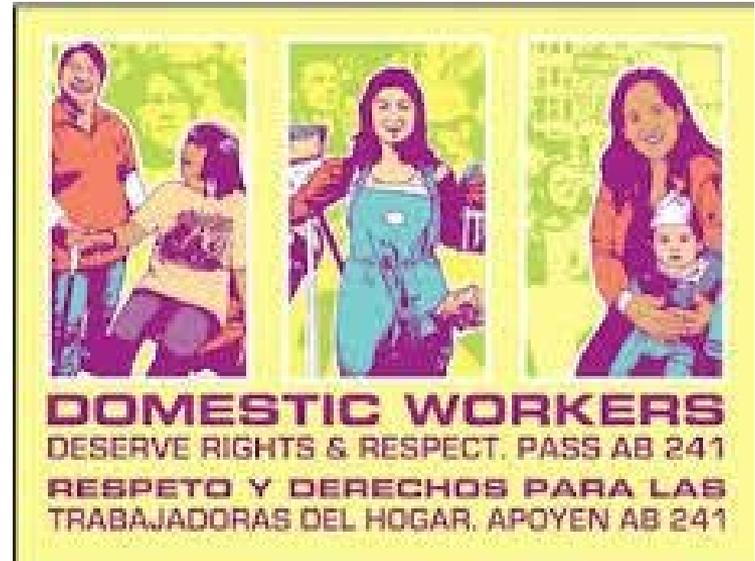
Karen*, 57

“I’m used to it, to sleep less, my immune system, I can take it. I’m half awake at night, even if my day off. I usually sleep 1:30 get up 3 o’clock, 5:30, get ready to go to the job again.”

*name changed for anonymity

Policy Recommendations

- AB 241 expires in 2017
- Sleep provisions were removed
- PWC hopes to push for another Domestic Workers Bill of Rights with health provisions



Give Back- Safety Training

- We are currently in the process of creating a health and safety training for domestic workers regarding sleep.
 - We hope to get a draft at least by the beginning of next year.
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Give Back Postcard for Workers

Did you know that 7-9 hours of continuous, uninterrupted sleep per night is considered adequate for most people?

Obtaining inadequate sleep could have a cumulative effect leading to an increased risk of:

- Motor vehicle accidents
- Errors at work
- Difficulty concentrating and memory problems
- Anxiety and depression
- Certain types of cancer (colon cancer or breast cancer)
- Weakened immune system
- Hypertension/High Blood Pressure
- Cardiovascular disease (heart problems)
- Stroke
- Gaining weight or obesity
- Diabetes Mellitus

Get involved with the
Pilipino Workers Center

contact (213) 250-4353
153 Glendale Blvd.,
Los Angeles CA 90026



**PILIPINO WORKERS
CENTER**



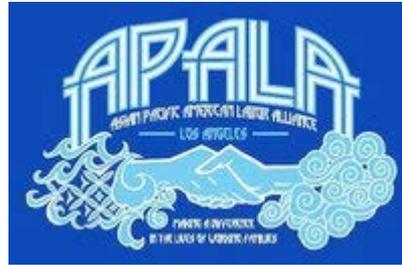
Reflection

- Supporting workers in their commitment to changing work conditions
 - Sharing workers' stories to influence policy
 - Applying theory to practice
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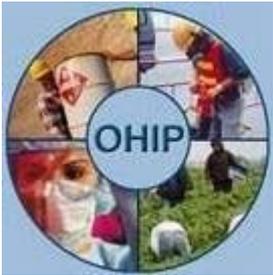
Acknowledgements



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The
**California Wellness
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