

Home

Contributed by Administrator
Sunday, 20 May 2007
Last Updated Thursday, 30 August 2007

ClockWORK plans to investigate the interaction of biological, psychological, and sociological factors that contribute to the daily structure of work and free time.

There is a large body of evidence that life in unstable and un-biological temporal structures (e.g., in shift work) increases the risk for accidents, sleep problems, psychiatric and somatic disturbances and other pathologies, and can even shorten life expectancy.

Any optimisation of daily structure will, therefore, increase health and quality of life, will reduce risks and costs, and will foster a motivational balance between 'work & play'.

Chronobiology and sleep research have reached a stage where excellent techniques and well founded models are available in conjunction with experience in scientific field studies, so that human temporal issues can now be successfully approached in 'real life' situations.

To create the link between biology and real life, new networks (see also links) have to be created expanding the bio-medical research to other disciplines, such as cognitive psychology, work and organisational psychology, specialists of neuro- and motor programs, or the sociology of motivational drives.

This network ClockWork- creates – for the first time – a platform for such an interdisciplinary approach as described in the Individual Projects pages and connected to the integrated project www.euclock.org.

The goal of ClockWORK is to create an integrated view of the interacting factors through a field study approach.

The interdisciplinary study is funded by the “Gottlieb Daimler- und Karl Benz-Stiftung”

" The first Clockwork Experiment was successfully completed in Groningen in April 2007"