A retrospective analysis was performed on data (2001 to 2006) from the 10,107 employees without insomnia and 4,424 participants with insomnia.

**RESULTS**

- A total of 294,042 employees were included in this analysis, of which 12,308 (4.19%) were assigned to the insomnia group.

**CONCLUSIONS**

- Employees with insomnia incurred significantly more work absences per year with an associated increase in health-related lost time benefit costs.
- Absences due to sick leave accounted for almost half of the incremental health-related lost time benefit costs and almost half of the incremental lost time.
- These results did not include the costs of replacement workers or lost productivity due to these absences.
- These results highlight the substantial costs of insomnia to employers, in the form of lost work days and high benefit costs, and demonstrate the need for improved disease management.

**REFERENCES**