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EDUCATION

Postdoctoral Research [Economy Class Syndrome], École Polytechnique de Montréal

PhD [Occupational Health, Safety & Ergonomics], University of Oulu, Finland

Masters [Industrial Health and Safety], University of Oulu, Finland



Research Interests

Health Behavior

- Psychotherapy, music & dance therapy
- Physical activity, healthy attitude, wellbeing
- Shift design, synchronization, adjustment

Occupational & Environmental Medicine

- Sleep disorders in artificial lights
- Sleep in extreme environment (space)
- Biological rhythm, chronic disorders

Sleep Psychology

- Memory and dream
- Insomnia, drug effects
- Nap, snoring, sleep in dark



Publications

- Ahasan R (2002). Occupational ergonomics: work-related musculoskeletal disorders of the upper limb and back—book reviews. *International Journal of Production Research*, 40 (5), 1295–1297.
- Kejonen P, Kauranen K, **Ahasan R**, Vanharanta H (2002). Motion analysis measurements of body movements during standing: association with age and gender. *International Journal of Rehabilitation Research*, 25, 297–304.
- Ahasan R, Campbell D, Salmoni A, Lewko J (2001). Ergonomics of living environment for the people with special needs. *Journal of Physiological Anthropology and Applied Human Sciences*, 20 (3), 175–185.
- Ahasan R, Ahmad SkA, Khan TP (2000). Occupational exposure and respiratory illness symptoms among textile industry workers. *Applied Occupational & Environmental Hygiene Journal*, 15(3), 313–320.
- Ahasan R, Salovaara J (2000). Working clothing: thermal properties and comfort criteria. *International Encyclopaedia of Human Factors and Ergonomics*, 2, 1063–1069.
- Ahasan R, Mohiuddin G, Väyrynen S, Virokannas H, Quddus R (1999). Work-related problems in metal handling tasks: obstacles to the development of safety and health measures. *Ergonomics*, 42 (2), 385–396.



Publications

- Larwood M, Ahasan R (2001). Double crush syndrome: a theory or misdiagnosis? In: W Sheng, Z Kan (eds), *Occupational Ergonomics*, Tianjin Science and Technology Press [ISBN 7—5308—3126—7], pp. 258—261.
- Schell T, Ahasan R (2001). Altered gait and the development of low back disorders. In: W Sheng, Z Kan (eds), *Occupational Ergonomics*, Tianjin Science and Technology Press [ISBN 7-5308-3126-7], pp. 262—272.
- Schell T, Ahasan R (2001). Can plantar fasciitis be work related? In: W Sheng, Z Kan (eds), *Occupational Ergonomics*, Tianjin Science and Technology Press [ISBN 7—5308—3126—7], pp. 273—276.
- Schell T, Ahasan R (2001). Is dupuytren's contracture work related problem? In: W Sheng, Z Kan (eds), *Occupational Ergonomics*, Tianjin Science and Technology Press [ISBN 7—5308—3126—7], pp. 277—282.
- Ahasan R, Karppinen J, Kejonen P, Kauranen K (2000). Some key features on the clinical performance of spinoscopic evaluation for orthopedic application. In: M Tabrizian (ed), *2nd International Symposium on Advanced Biomaterials and 7th International Academy of Shape Memory Materials for Medical Use* [June 28-July 1: available: www.grbb.polymtl.ca/siba_2000.htm], Montreal, Canada.



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- Ahasan R, Väyrynen S, Kirvesoja H (1996). Physical workload analysis among small industry activities using postural data. *International Journal of Occupational Safety and Ergonomics*, 2 (1), 27–34.
- Ahasan R, Adruce SAZ, Weng NG, et al. (2012). Masters Program in Human Factors —collaboration between InDI & FSKPM. In: Khairul Adzil Aidil (eds), *Proceedings of the 1st International Conference on Design & Innovation* (7-8 November), Kuching: University Malaysia Sarawak (Institute of Design & Innovation), Malaysia, pp.158—167.
- Ahasan, R., & Adruce, S.A.Z. (2013). Promoting Human Factors and Ergonomics Program in UNIMAS-Malaysia. *Asian-Pacific Newsletter on Occupational Health and Safety*, 20 (1), 24-26.
- Ahasan R, Kejonen P, Kauranen K, Karppinen J (2000). Functional assessment of spinal load, muscle strength and fatigability—a case study among industrial workers. In: M Tabrizian (ed), *2nd International Symposium on Advanced Biomaterials and 7th International Academy of Shape Memory Materials for Medical Use* [June 29-July 1: available: www.grbb.polymtl.ca/siba_2000.htm], Montreal, Canada.
- Ahasan R, Väyrynen S, Virokannas H, Kangas E (1997). Thermoregulatory response and muscle pain in steel mill workers. In: HM Khalid (ed), *HF's Vision—Care for the Future, 5th Southeast Asian Ergonomics Society Conference* (Kuala Lumpur : Malaysia), International Ergonomics Association Press, pp. 117-121.



Research grants

- 2014-2016 [20,000RM, UniSZA/14/GU(025): Dengue threat in a university setting: a comprehensive approach to combat dengue fever surveillance of environmental risks, knowledge & practices of campus community. CRIM: Universiti Sultan Zainal Abidin (www.unisza.edu.my), Campus Gong Badak, Malaysia.
- 2013-2016 [70,000RM, ERGS/1/2013/SSI07/UNIMAS/01/01, co-researcher]: Design & development of inner bamboo transit bicycle. RIMC: Institute of Design & Innovation, Universiti Sarawak Malaysia.
- 2014-2016 [200,000RM, applied]: Ergonomic issues causing workers' carpal tunnel syndrome in keropok lekor industry in Terengganu. FRGS-2 Grants (Ministry of Higher Education, Malaysia).
- 2014-2017 [200,000RM, applied]: Development of ergonomic supporting device to reduce risk of carpal tunnel syndrome among the workers involved in repetitive job-tasks in Malaysian auto manufacturing industry. UM-UniSZA Collaborative Research Grants, Ministry of Higher Education, Malaysia.
- 2004-2005 [\$60,400]: Evaluation of prototypes of hosting tools for manhole cover opening and closing tasks, IRSST Research Funds (www.irsst.qc.ca/en/_projet_3295.html), applied with Daniel Imbeau, L Giraud, Bruno Farbos & KE Ahrache, Department of Industrial Engineering, École Polytechnique, Canada.
- 2003-2005 [\$81,000]: EMG based biomechanical study for evaluation of prolonged seating dynamics. IRSST Research Funds (www.irsst.qc.ca/en/_boursier_640.html), applied with Dr. Daniel Imbeau [École Polytechnique de Montréal], Dr Rakheja & Dr Shiping Ma [Concordia University, Montréal, Canada].

Sleep disorders and therapy

Related Journals

- Alzheimer's Disease & Parkinsonism
- Brain Disorders & Therapy



Sleep disorders and therapy

Related Conferences

- [Annual Summit on Sleep Disorders and Medicine](#) August 10-12, 2015 San Francisco, USA
- [2nd International Conference on Alzheimer's Disease and Dementia](#) *September 23-25, 2014 Valencia, Spain*



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