Results Twenty-nine studies have been found from the referred theme. Several studies have been performed in animal models. Only three papers reported the effects of metals on sleep-wake cycle. The first one was carried out with a population living in the surroundings of a metal recycling plant, where authors have detected that the exposed population had 2.3 chances to report sleep complaints. The other two studies observed children and pre-teens with high levels of lead in the blood have been associated to delay in the onset of sleep, longer duration of nocturnal awakenings, shorter duration of sleep, insomnia (OR=2.01) and longer daytime sleepiness (OR=2.90).

Discussion There are effects which link the environmental exposure to lead and cadmium with sleep complaints. Considering there are several production sectors, such as mining, and manufacturing processing industries that work with such metals and whose workers are in continuous shifts, it is likely that workers in these industries may suffer of these effects of metal exposure and those leading to changes in biological rhythms caused by shift work. Financial Support: Faperj (E-10/225.935/2016).

1358 ACQUIRED DYSCHROMATOPSIA IN MEXICAN WORKERS OF A CHEMICAL INDUSTRY EXPOSED TO A MIXTURE OF ORGANIC SOLVENTS

Introduction Acquired dyschromatopsia is an early and sensitive marker of ophthalmic neurotoxicity due to chronic exposure to various chemicals. The overall objective of this research was to identify changes in colour vision acquired the persons occupationally exposed (POE) to a mixture of OS – benzene, toluene, xylen (BTX). Material and methods A cross-sectional study was conducted in two groups of workers; one occupational exposure to a mixture of OS and one without exposure to the chemical industry. The participants answered a questionnaire to explore risk factors acquired discromatopsia. Subsequently, the test Lanthony 15 desaturated (LD-15) in each eye was used to determine the ability of colour discrimination and Confusion Chromatic Index (CCI) was quantified. All ratio >1 was interpreted as abnormally increased. The data univariate and bivariate analysis were submitted. Association tests were implemented (t test, Chi2 and logistic regressions).

Results The total population was 142 workers, 5.4% of whom had a profile consistent with congenital dyschromatopsia and were excluded from the final analysis. The group of 73 workers was exposed, while the unexposed group was 65. The average age was 43.9 years (±10) and 42.7 years (±12), respectively. The prevalence of acquired dyschromatopsia in both eyes was higher for the exposed group; 8% in right eye and 9% in left eye, however, no statistically significant differences from the unexposed group. Quantification of CCI was slightly higher in the exposure group (1.09) compared to the group without exposure (1.08), although the differences between groups were not statistically significant (p=0.73). Discussion The results are consistent with those of other investigators; ICC ratio is higher in the exposed group, as well as the prevalence of acquired dyschromatopsia, being the most common for both groups.