



The impact of total sleep time on subjective health ratings in a naturalistic setting

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Background

Although both short and long sleep duration has been shown to have a negative impact on health outcomes and mortality, very little is known about self-rated health (SRH) and its changes on naturally occurring variations in sleep duration. The aim of this study was to investigate how total sleep time (TST) of three days in a natural setting might affect self-rated health and to examine what impact negative affectivity at baseline could have on this relationship.

Method

Fifty healthy participants filled out a survey at baseline, including demographics and health. During 42 days, sleep, subjective health, negative affectivity and fatigue were reported daily. Blocks of three consecutive nights of sleep were created and divided into three levels of TST; short, medium and long.

Results

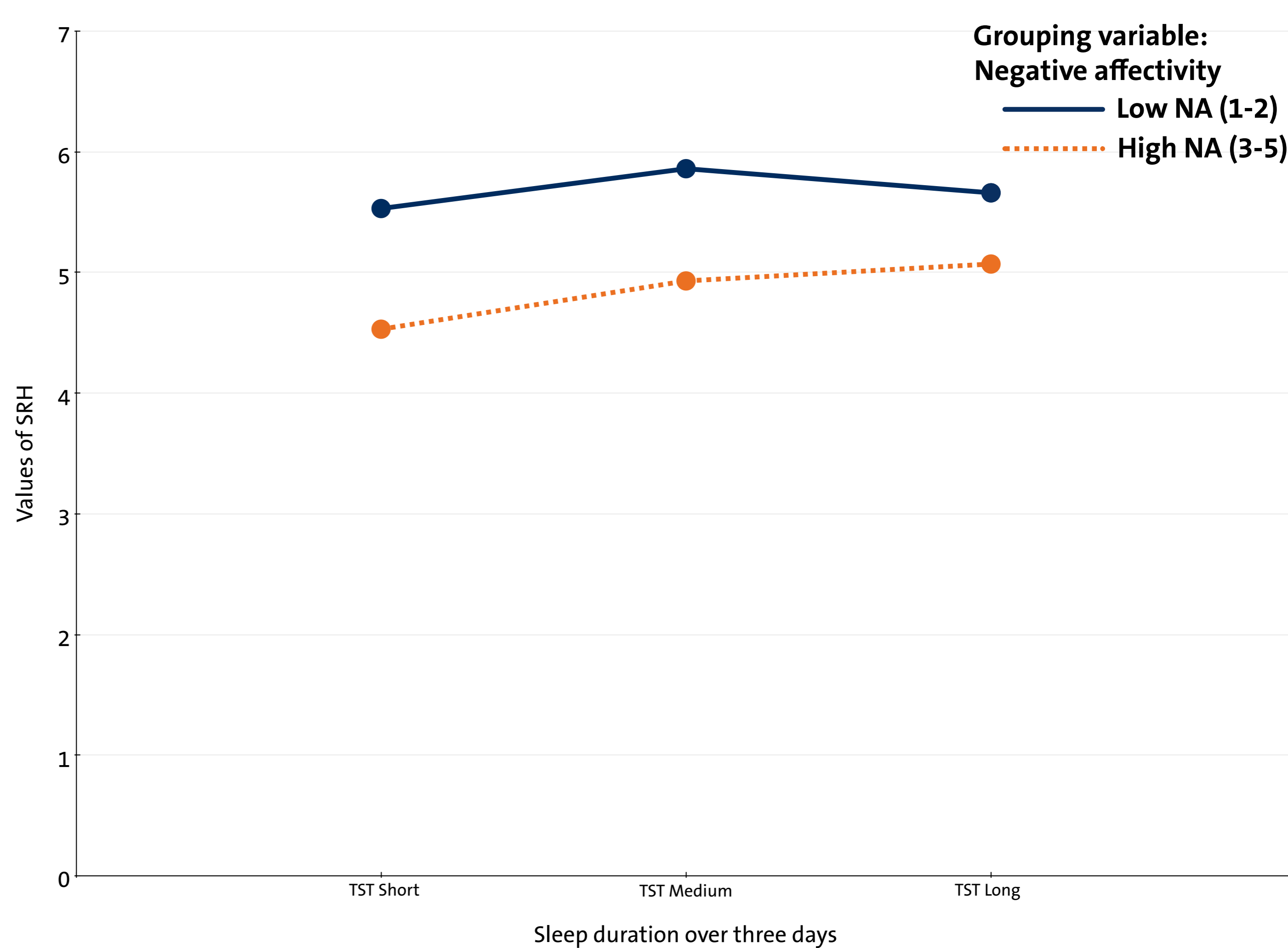
The self-rated health did not differ significantly between the three levels of TST. Further on, there was no significant interac-

tion between negative affectivity at baseline and daily reports of SRH. However, higher negative affectivity at baseline was related to poorer subjective health on all three levels of TST ($F_{1,45}=4,71$; $p=.036$).

Conclusions

In this sample consisting of healthy subjects with normal sleep patterns, it was shown that

three days was not enough to affect SHR, probably because variations in sleep length were relatively small. However, negative affectivity at baseline was shown to be a determinant for lower ratings on the daily measures of SRH, which underlines earlier findings of SRH to include even mental dimensions of health.



ANOVA of SRH when TST short, medium and long, with negative affectivity at baseline (dichotomized) as grouping variable.