

Too Tired to Try? The Impact of Sleep Quality on Romantic Partner Support

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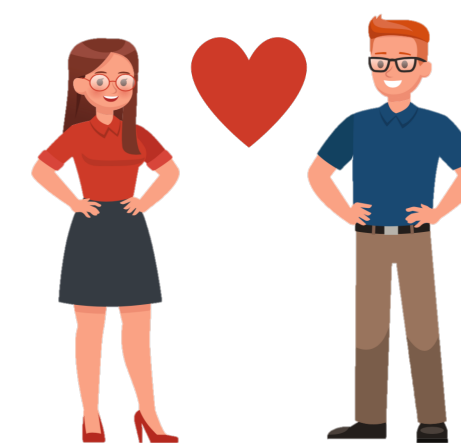


Background

- Sleep problems are becoming a common concern that have been shown to influence affective states and psychosocial behaviors, such as social support (e.g., Gordon et al., 2021; Ong et al., 2011).



- Yet, despite romantic partners being a primary source of social support, little attention has been paid to the effect of sleep on support in this context.



- Even less is known about mechanisms potentially driving this sleep-support link.

Current Research

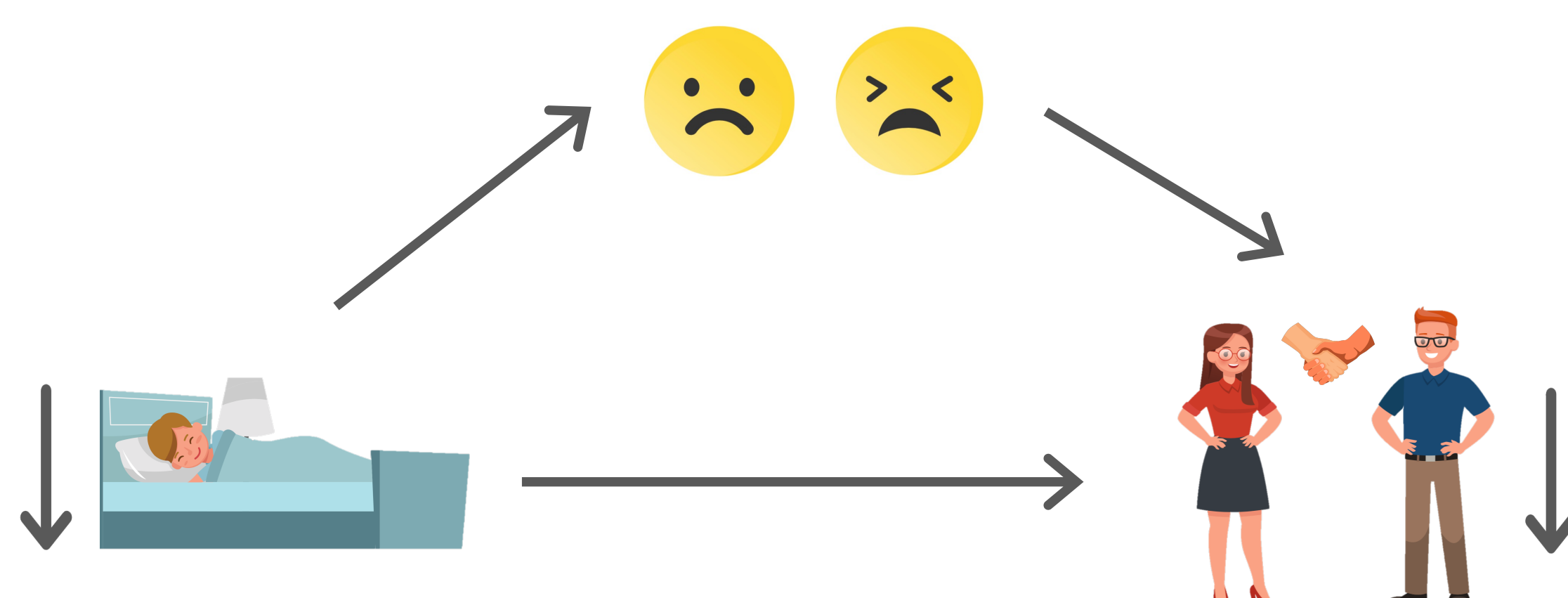
- The current studies investigated whether impaired sleep was linked to individuals' daily provision of partner support in romantic relationships.

Predictions:

- Poor sleep quality will be associated with less self-reported and perceived partner support.



- Poor sleep quality will be associated with less partner support through poor sleepers' greater negative affect.



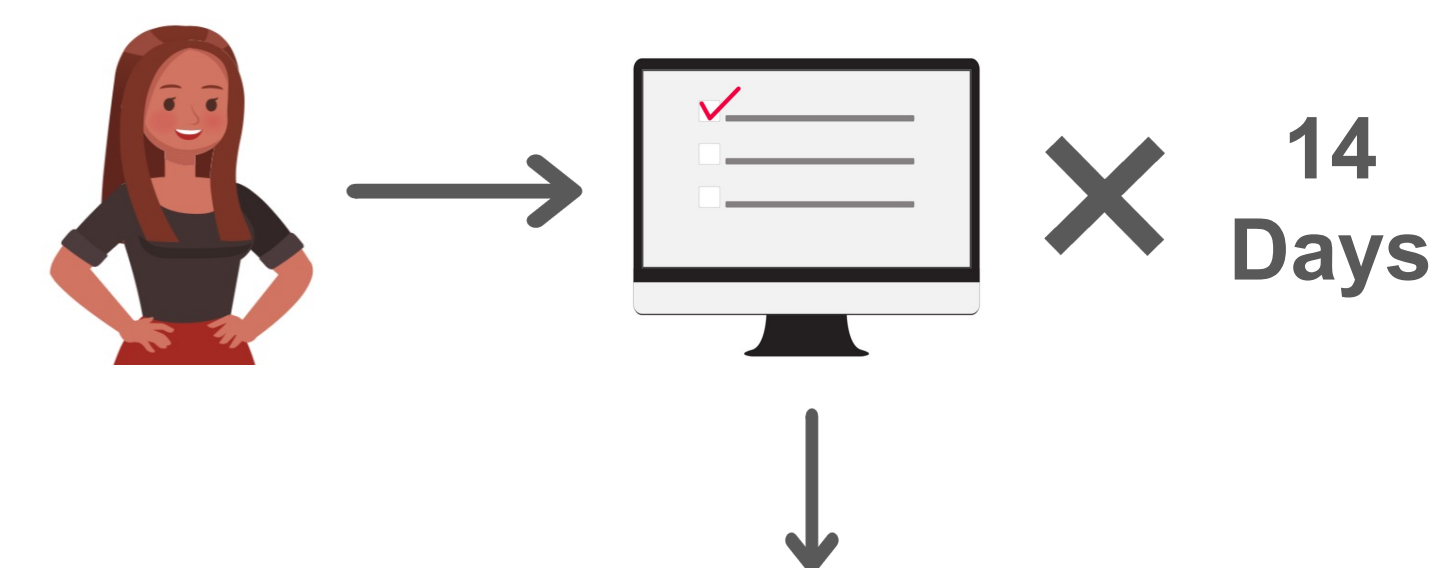
Study One



Participants

- $N = 111$ community couples who had been together for at least one year
- Average Age = 26 years old

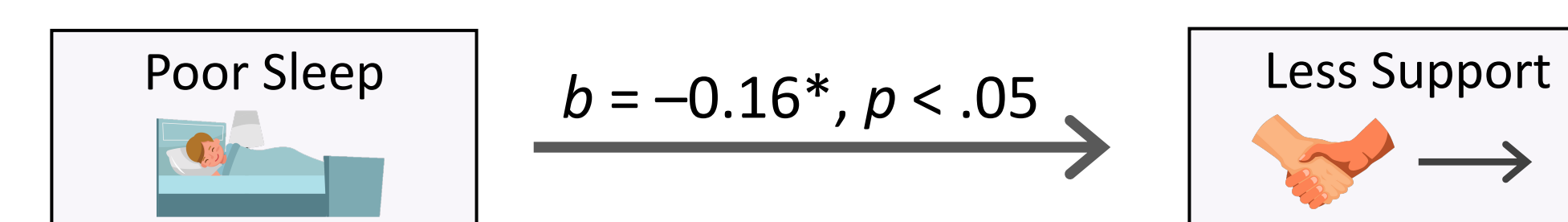
Procedure



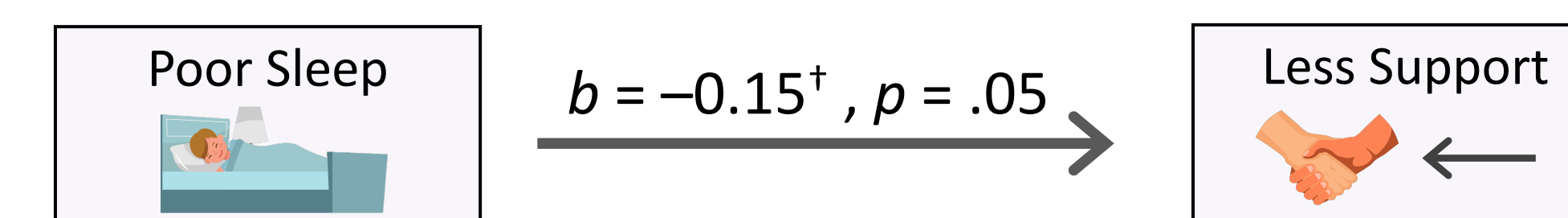
- Sleep Quality:** composite of items assessing five facets of sleep
- Negative Affect:** composite of three items assessing sadness, anger, and anxiousness
- Support:** "I met my partner's needs today" & "my partner met my needs today"

Main Effects: APIM Analyses

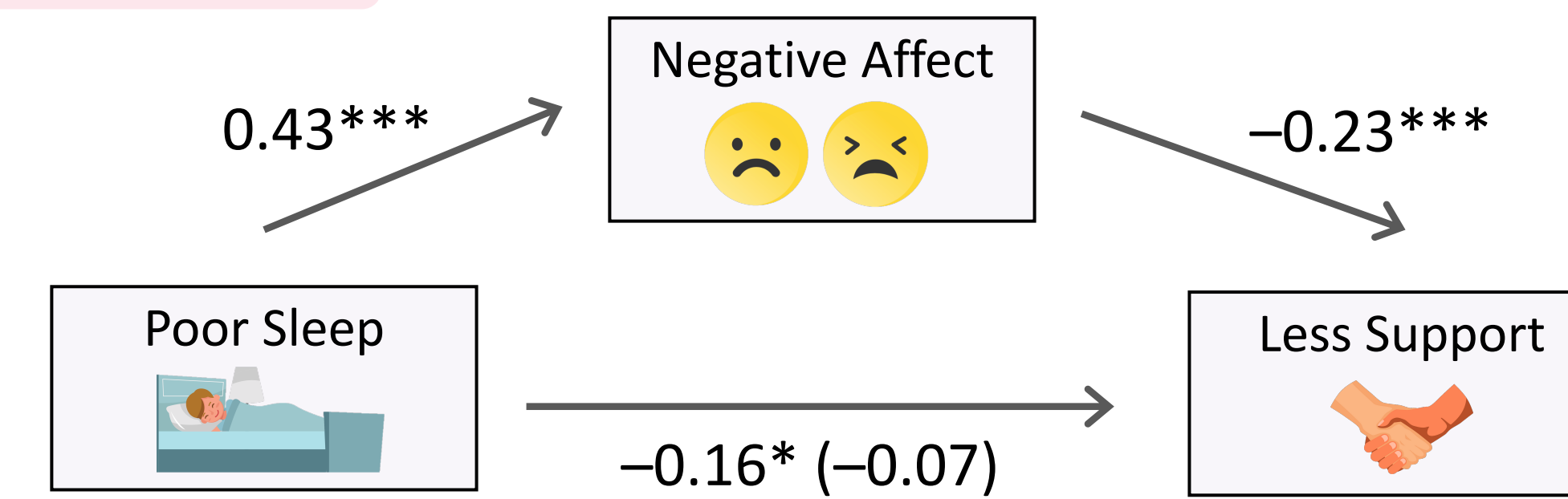
- When participants had poorer sleep quality, they reported providing less support to their partner the next day.



- When participants had poorer sleep quality, they reported receiving marginally less support from their partner the next day.



Mediations



Note: patterns largely looked the same across all mediation models

Discussion

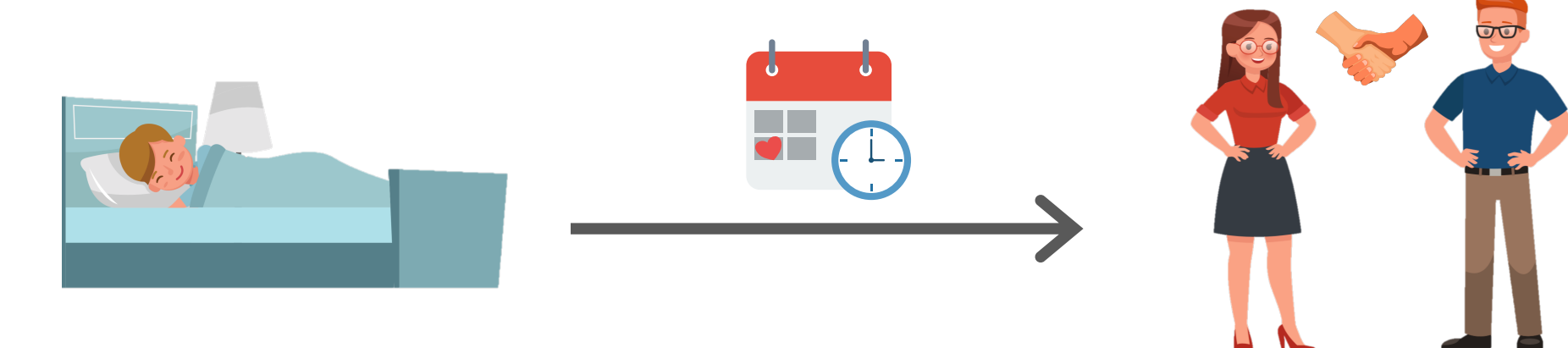
- The current research documented an association between impaired sleep and less effective provided and perceived partner support that occurred through increased negative affect.
- Overall, these findings extend existing research on sleep and social processes by underscoring the potential impact impaired sleep has on the quality of support provision among couples in everyday life and revealing a mechanism possibly driving this association.

Key Takeaway

- Given the growing pervasiveness of sleep problems (Chaput et al., 2017), the current research highlights a need to address sleep-related impairments for the sake of couple's overall well-being and relationship functioning.

Next Steps

- Conduct a longitudinal study to examine effects over longer periods of time.



- Assess if objective sleep measures, such as wrist actigraphy, affect support provision in a similar way.



Contact nicole.sell@mail.utoronto.ca with questions or comments

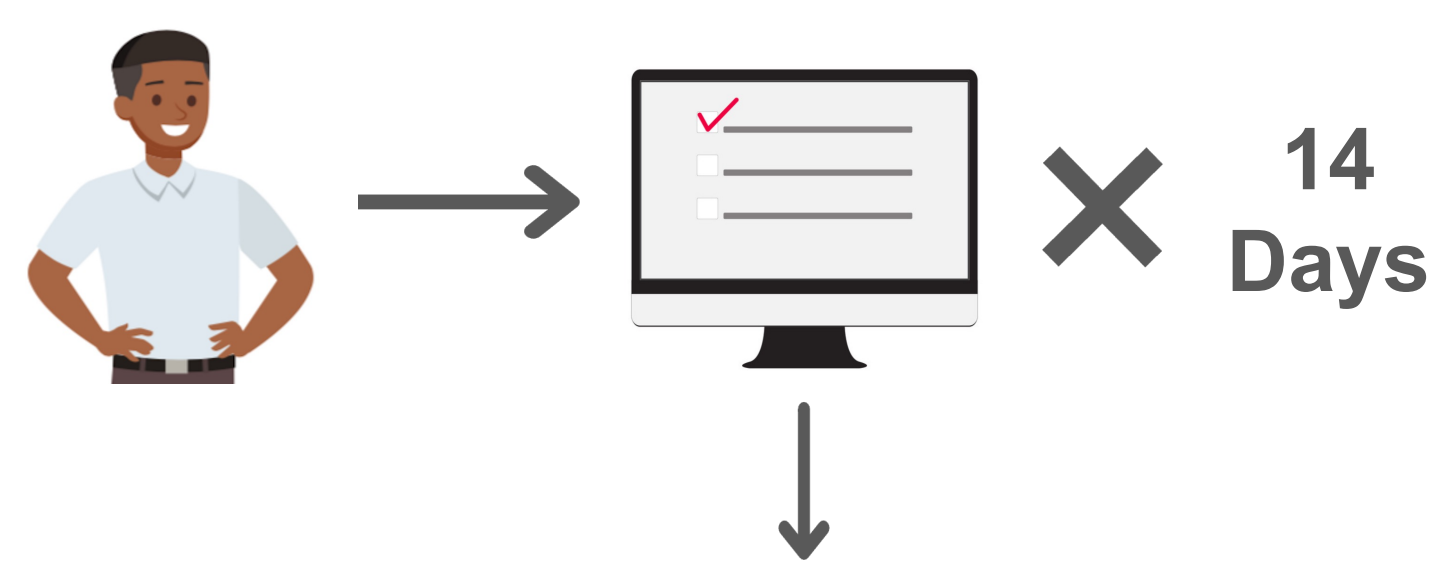
Study Two



Participants

- $N = 100$ community couples who had been together for at least three months
- Average Age = 24 years old

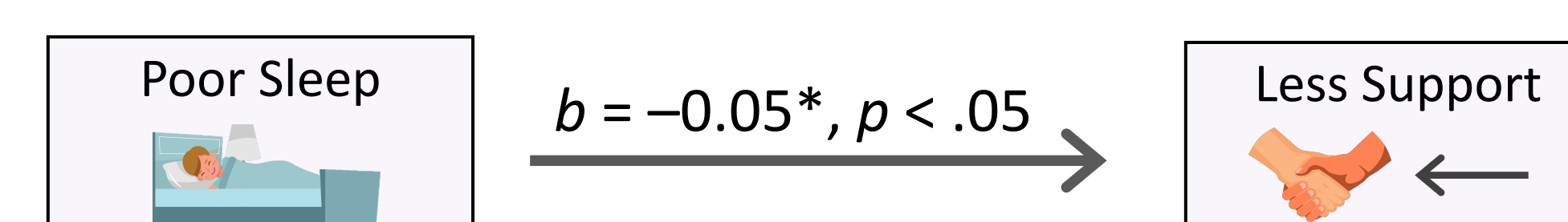
Procedure



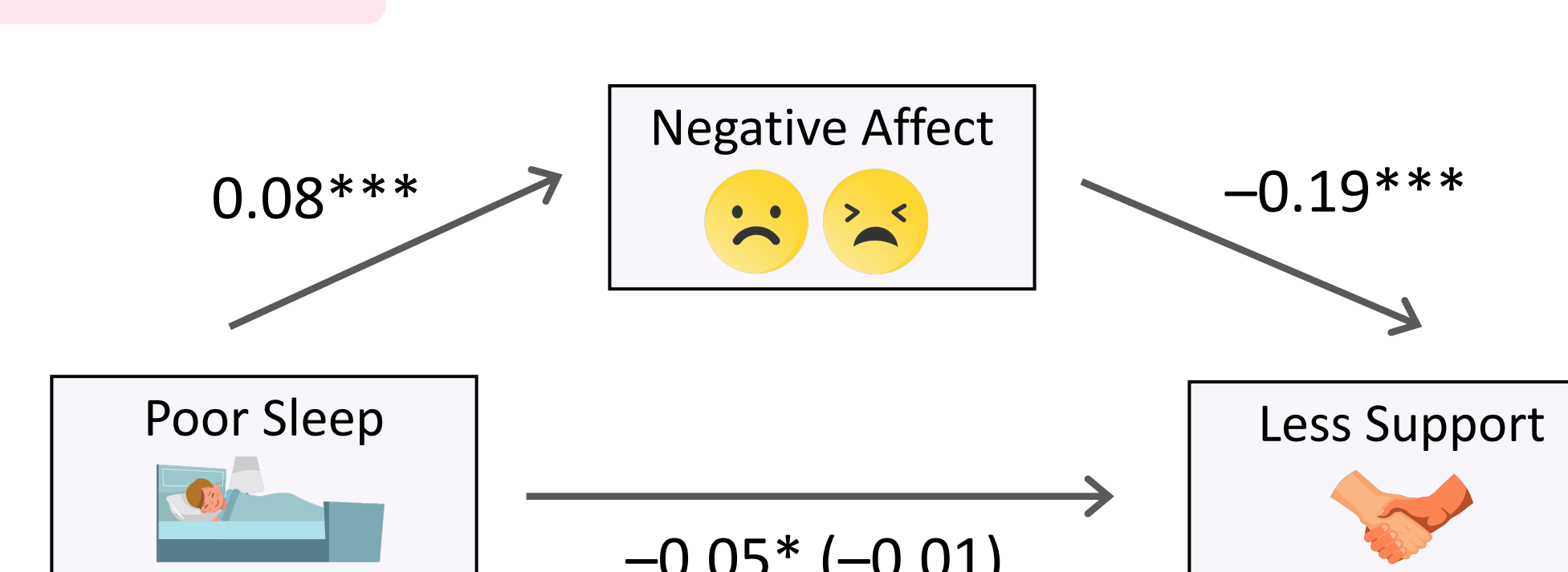
- Sleep Quality:** composite of items assessing two facets of sleep
- Negative Affect:** same as above
- Support:** composite of five self-reported & perceived support items

Main Effects: APIM Analyses

- When participants had poorer sleep quality, their partners reported receiving less support from them the next day.



Mediations



Note: patterns largely looked the same across all mediation models