



Sleep and Well-being – What are the Connections?

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- on behalf of the I.Family consortium -



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Building on





Life is not merely being alive,
but being well.

Marcus Valerius Martialis
Roman poet (~ 40–102/104 AD)



What is well-being?

physical



mental

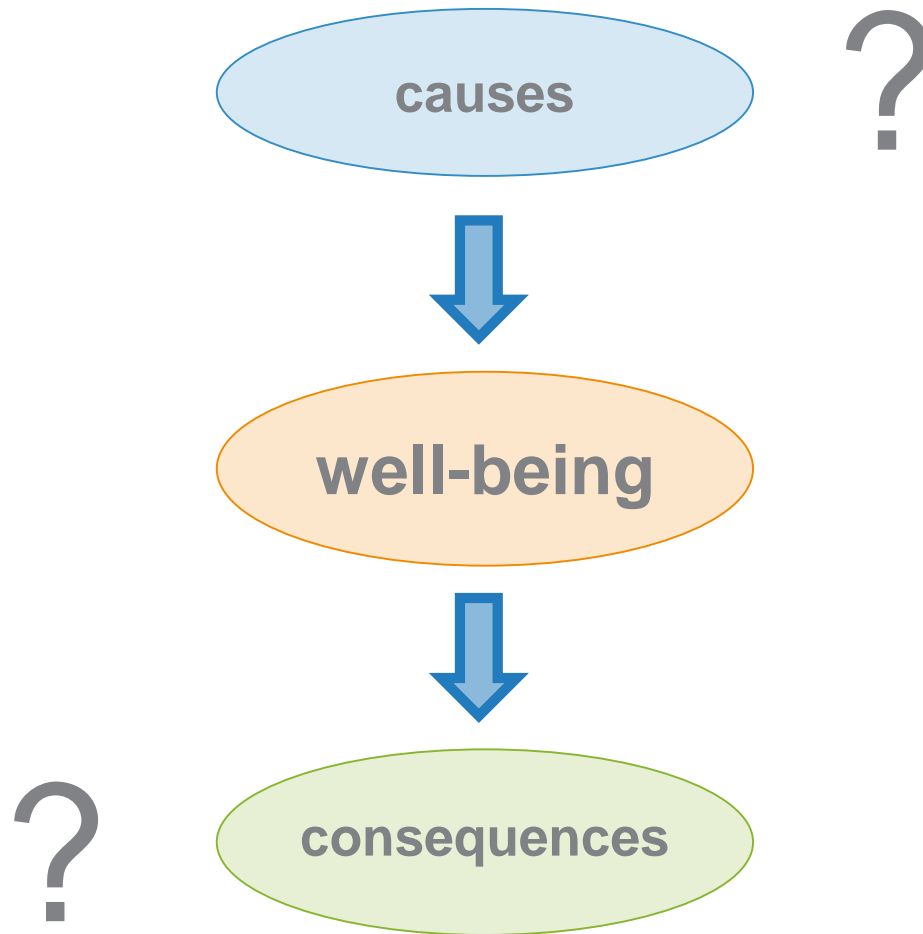


social





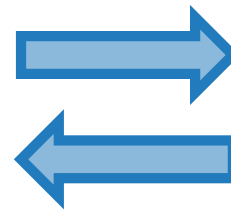
Research on well-being





Is there a connection between well-being and overweight?

biological mechanisms,
behaviours



**poor
psychosocial
well-being**

stigmatisation,
teasing, body
dissatisfaction

overweight



Sleep in children and adolescents

- Decreasing sleep duration of school-aged children and adolescents
- Adolescents in particular often sleep fewer hours than they need



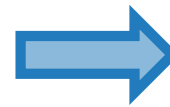
Is there a connection between sleep and overweight?

biological mechanisms,
behaviours



poor sleep

overweight



overweight



overweight

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How were well-being and sleep measured?

- Psychosocial well-being:
 - emotional well-being
 - self-esteem
 - relations to family and friends
- Sleep duration:
hours and minutes of sleep per night
- Sleep quality:
difficulties falling asleep, trouble getting up



Does psychosocial well-being have an impact on sleep?



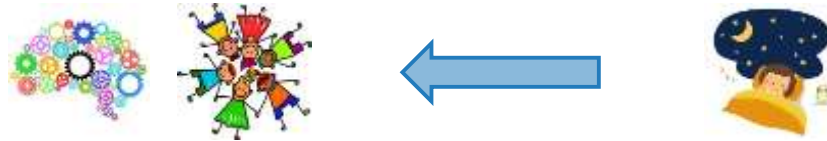
Children whose well-being improved or stayed at a constant level

- tended to sleep somewhat longer at night and
- tended to have better sleep quality

compared to children whose well-being got worse

A horizontal line of 25 small, colorful circles in various colors (orange, green, blue, grey, yellow, red, purple, etc.) arranged in a repeating pattern.

Does sleep have an impact on psychosocial well-being?



Children whose night-time sleep duration improved or stayed at a constant level

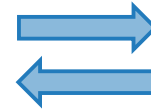
- tended to have better well-being compared to children whose sleep duration reduced

Children whose sleep quality remained good

- tended to have better well-being compared to those whose sleep quality recently got worse



What do we gain from this knowledge?



poor psychosocial
well-being

poor sleep

- Future research

- disentangle pathways leading to overweight and other cardio-metabolic disorders

well-being → sleep → cardio-metabolic disorders

- Development of interventions

- better well-being ↔ better sleep



Key messages

- Poor psychosocial well-being and poor sleep are potential risk factors for childhood overweight
- Well-being and sleep are connected
 - high well-being seems to have a positive impact on sleep
 - good sleep is likely to be beneficial for well-being



**Thank you very much for
your attention!**

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A horizontal line of 20 small, colored dots in various colors (orange, green, blue, grey) spans across the top of the slide.

References

- Hunsberger et al. 2016. Bidirectional associations between psychosocial well-being and body mass index in European children: longitudinal findings from the IDEFICS study. *BMC Public Health* 16: 949
- Hense et al. 2011. Sleep duration and overweight in European children: is the association modified by geographic region? *Sleep* 34: 885-890
- Thumann et al. Cross-sectional and longitudinal associations between psychosocial well-being and sleep in European children and adolescents; submitted to *Sleep*