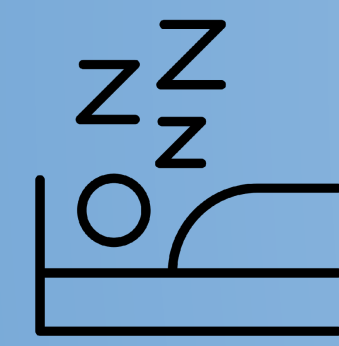


# “Oh My God!” Are Dimensions of Religiosity Differentially Linked to Sleep among Emerging Adults and Adults?



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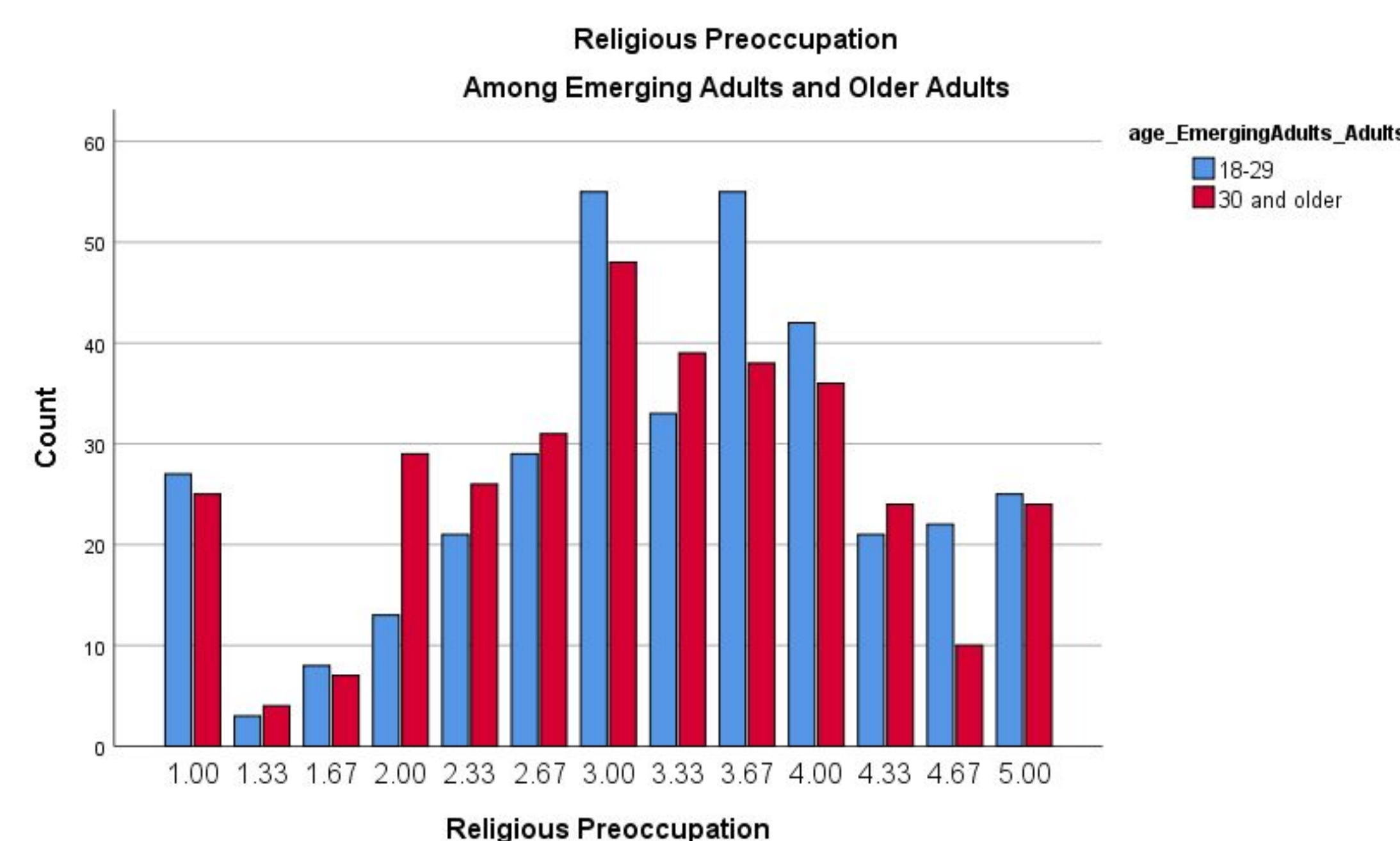
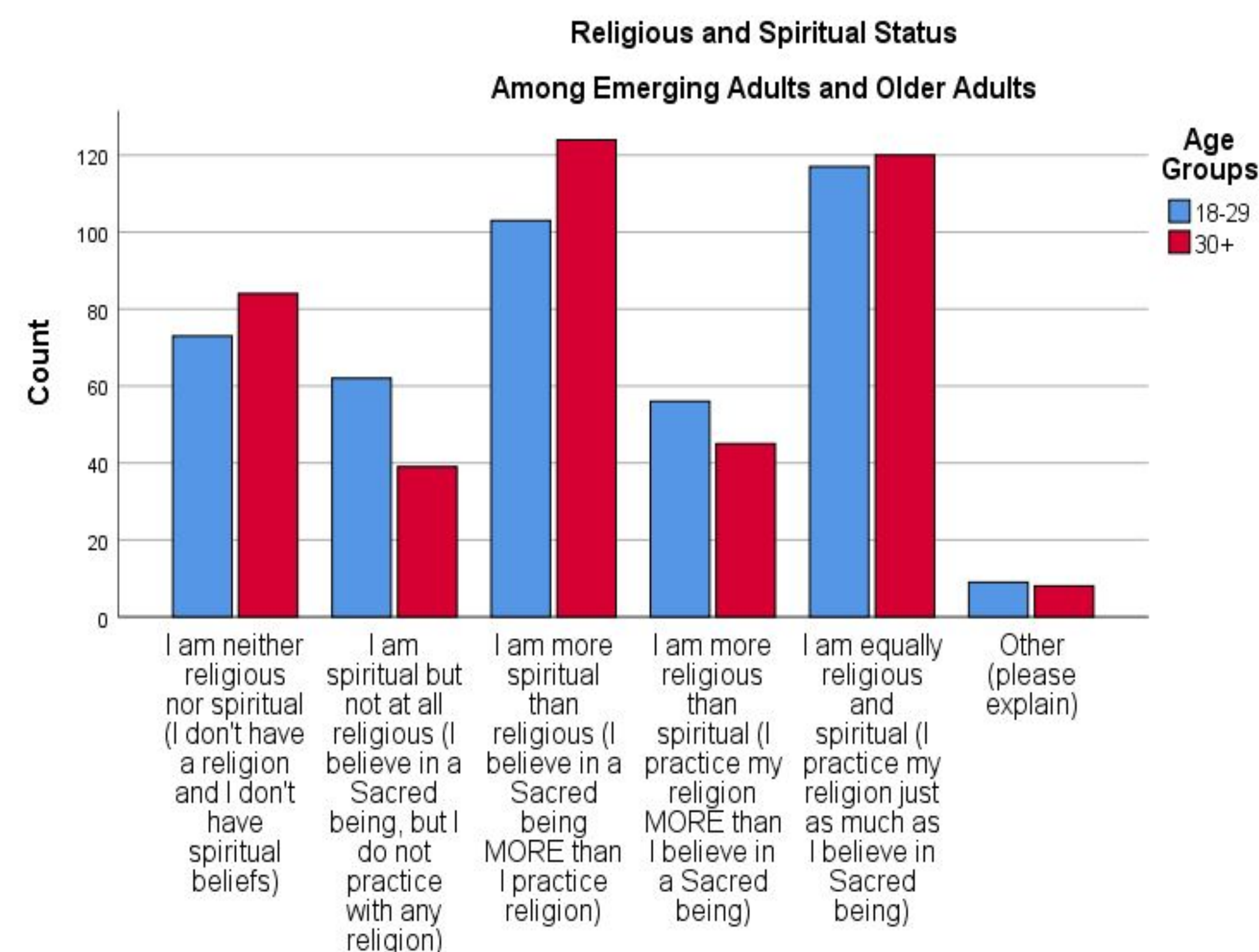
## Introduction

- Past research has generally found a significant positive relationship between religiosity and sleep quality (Hill et al., 2018).
- However, certain aspects of religiosity, such as religious doubt and distress, have been linked to *worse* sleep quality (Ellison et al., 2011).
- One major limitation in the field is the lack of assessments of *diverse* aspects of religiosity that may be linked to different sleep behaviors.
- Furthermore, few studies have explored whether the relationship between religiosity and sleep differs between emerging adults and adults.
- The present study examined the relationship between **3 dimensions of religiosity** (i.e., *religious preoccupation*, *emotional involvement*, and *guidance*) and **3 sleep behaviors** (i.e., *sleep onset latency*, *sleep duration*, and *sleep quality*) among emerging adults and adults.

## Method

- Participants were emerging adults ( $n = 420$ ) and adults ( $n = 420$ ), who completed an online survey in January 2020.
- **Dimensions of Religiosity Scale**
  - **Preoccupation** (e.g., “I think about ‘The Sacred’ all the time”)
  - **Emotional Involvement** (e.g., “When I am feeling miserable, thinking about the Sacred helps to cheer me up”)
  - **Guidance** (e.g., “I CANNOT make important life decisions without help from ‘The Sacred’”)
- **Sleep**
  - **Sleep onset latency** “When you go to bed, how long does it typically take you to ACTUALLY fall asleep (in minutes)?”
  - **Sleep duration** “During the WEEK/WEEKEND, how much ACTUAL sleep (in hours) do you think you TYPICALLY get?”
  - **Sleep problems** (e.g., “Difficulty falling asleep”)

## Results



## Results Continued

### Emerging adults (18-to-29-year-olds):

- Religious preoccupation → Sleep problems ( $\beta = .27, p = .004$ ) and Sleep onset latency ( $\beta = .22, p = .026$ ).
- Religious guidance → Sleep problems ( $\beta = -.26, p = .002$ ) and Sleep onset latency ( $\beta = -.20, p = .020$ ).

### Adults (30+ years old):

- Religious preoccupation → Weekend ( $\beta = -.41, p < .001$ ) and Weekday ( $\beta = -.26, p = .009$ ) sleep duration.
- Religious guidance → Sleep problems ( $\beta = -.24, p = .013$ ) and Weekend sleep duration ( $\beta = .21, p = .031$ ).
- Religious emotional involvement → Weekday sleep duration ( $\beta = .23, p = .025$ ).

## Discussion

- Emerging adults who are more religiously preoccupied reported *worse* sleep quality and took *longer* to fall asleep. However, those who are more guided by their religion reported *better* sleep quality and *less* time until falling asleep.
- Adults who are more religiously preoccupied reported *shorter* sleep duration over the week and weekend. Those more guided by religion reported *better* sleep quality and slept *longer* during the weekend, meanwhile those more emotionally impacted by involvement reported *longer* sleep during the week.
- Longitudinal data is needed to determine specific mechanisms, such as emotion regulation and coping, that may explain these associations.

## References

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