

Rasskazova E.I.

The relative value of sleep comparing to the value of other activities and subjective sleep quality in the normative sample:
the role of cognitive, emotional and behavioral factors

Moscow State University, Moscow, Russia
Mental Health Research Center, Moscow, Russia

From the perspective of the body functions psychological model, motivational factors and values serve as a system-forming factors determining cognitive, emotional and behavioral regulation of human sleep and wakefulness. The aim of the study is to identify the role of the relative value of sleep in the relationship between cognitive, emotional, behavioral factors and subjective sleep in the normative sample. Methods. Sample 1 included 119 respondents aged 20–55 who responded questions about their relative value of sleep, filled the Insomnia Severity Index, Dysfunctional Beliefs About Sleep Scale, Behavioral Factors of Sleep Disorders Scale, Insomnia Severity Index, Satisfaction With Life Scale, Scale of Positive And Negative Experiences. Sample 2 included 172 people aged 18–62 who filled out the same scales, as well as the Hospital Anxiety and Depression Scale. The results support a continuum of the declared – relative subjective value of sleep, from an explicit declaration of the importance of sleep to a preference for sleep over other activities in a clearly conflict situation. At least one third of the respondents are characterized by a low declared value of sleep, i.e. healthy sleep for them is, in principle, less important than other activities in wakefulness. In a conflict situation, 56.3%–65.3% of respondents tend to neglect sleep for the sake of other important activities, and these effects do not depend on gender and age. Sleep neglect in a conflict situation is associated with a poorer sleep quality, if it provokes a disturbances of sleep hygiene and depressive experiences, self-limiting behavior and postponement of the time to get up in the morning. The declared intention to go to bed on time and the value of healthy sleep are associated with poorer sleep quality if they lead to actualization of dysfunctional beliefs about sleep and sleep rituals, but with better sleep quality if associated with better sleep hygiene in the evening and less delay in getting up in the morning. The declared intention to go to bed on time is additionally associated with poorer sleep quality if leads to the use of medications and non-medications to regulate sleep. Conclusions. The results are consistent with the assumption that the relative value of sleep plays different roles in the regulation of sleep and wakefulness, depending on which long-term perceptions, experiences, and behaviors it actualizes and the extent of this actualization.

Key words: relative sleep value, dysfunctional beliefs about sleep, disturbed sleep hygiene, anxiety, depression, subjective sleep quality

For citation: Rasskazova, E.I. (2021). The relative value of sleep comparing to

the value of other activities and subjective sleep quality in the normative sample: the role of cognitive, emotional and behavioral factors. *New Psychological Research*, No. 2, 115–134, DOI: 10.51217/npsyresearch_2021_01_02_07

Acknowledgement

The study was supported by the Russian Foundation for Fundamental Research, project 20-013-00740 “Development and disturbances of sleep-wake psychological regulation system: an approach of psychology of bodily functions regulation”.

References

Diener, E., Emmons, R. A., Larsen, R. J., Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71–75.

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., Biswas-Diener, R. (2010). New well-being measures: short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97, 143–156.

Espie, C.A., Broomfield, N.M., MacMahon, K.M. A., Macphee, L.M. Taylor, L.M. (2006). The attention-intention-effort pathway in the development of psychophysiological insomnia: a theoretical review. *Sleep Medicine Review*, 10, 215–245. DOI: 10.1016/j.smrv.2006.03.002

Henson, R.K. (2006). Effect-Size Measures and Meta-Analytic Thinking in Counseling Psychology Research. *The Counseling Psychologist*, 34(5), 601–629. <http://doi.org/10.1177/0011000005283558>

Levin, Ya.I. (Ed.). (2005). *Insomnia: contemporary diagnostic and treatment approaches*. Moscow: Medpraktika.

Morin, C.M. (1993). *Insomnia: psychological assessment and management*. N.Y.: Guilford Press.

Morin, C.M., Bootzin, R.R., Buysse, D.J., Edinger, J.D., Espie, C.A., Lichstein, K.L. (2006). *Psychological and behavioral treatment of insomnia: update of the recent evidence (1998–2004)*. *Sleep*, 29(11), 1398–1414.

Osin, E.N., Leontiev, D.A. (2020). Brief Russian-language scales for the diagnosis of subjective well-being: psychometric characteristics and comparative analysis. *Monitoring obshchestvennogo mneniya: ekonomicheskie i sotsial'nye peremeny*, 1, 117–142.

Pérez-Carbonell, L., Meurling, I.J., Wassermann, D., Gnoni, V., Leschziner, G., (...) Steier, J. (2020). Impact of the novel coronavirus (COVID-19) pandemic on sleep. *Journal of Thoracic Diseases*, 12(Suppl 2), S163–S175. DOI: 10.21037/jtd-cus-2020-015

Perlis, M., Shaw, P. J., Cano, G., Espie, C.A. (2011). Models of insomnia. In M. Kryger, T. Ross & W. Dement (Eds.), *Principles and Practice of Sleep Medicine* (pp. 850–865). Philadelphia, PA: Elsevier Saunders.

Rasskazova, E.I., Lebedeva, A.A. (2020). Screening Scale of Positive and Negative Experiences by E. Diener: Testing the Russian-Language Version. *Psikhologiya. Zhurnal Vysshei shkoly ekonomiki*, 17(2), 250–263. DOI: 10.17323/1813-8918-2020-2-250-263.

Rasskazova, E.I., Leonov, S.V. (2020). Behavioral risk factors for complaints of sleep disorders and poor subjective well-being in the normative sample. *Zhurnal neurologii i psikiatrii im. S.S. Korsakova*, 120(9), 34–39. DOI: 10.17116/jnevro202012009234

Rasskazova, E.I., Tkhostov A.Sh. (2012). *Clinical psychology of sleep and sleep disorders*. Moscow: Smysl.

Riemann, D., Baglioni, C., Bassetti, C., Bjorvatn, B., Groselj, L.D. (...) Spiegelhalter, K. (2017). European guideline for the diagnosis and treatment of insomnia. *J Sleep Res*, 26(6), 675–700. DOI: 10.1111/jsr.12594. Retrieved from URL: <http://rossleep.ru/wp-content/uploads/2017/10/European-guideline-for-the-diagnosis-and-treatment-of-insomnia.pdf>.

Robillard, R., Dion, K., Pennestri, M.-H., Solomonova, E., Lee, E., (...) Kendzerska, T. (2020). Profiles of sleep changes during the COVID–19 pandemic: Demographic, behavioural and psychological factors. *J Sleep Res*, 00, e13231. DOI: 10.1111/jsr.13231

Sateia, M.J., Buysse, D.J., Krystal, A.D., Neubauer, D.N., Heald, J.L. (2017). Clinical Practice Guideline for the Pharmacologic Treatment of Chronic Insomnia in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*, 13(2), 307–349. doi: 10.5664/jcsm.6470

Syropyatov, O.G., Dzeruzhinskaya, N A., Astapov, Yu.N., Ivantsova, G.V. (2003). *Early diagnostics and treatment of depression in the general medical practice*. Kiev: Gelarium-test.

Tkhostov, A.Sh. (2002). *Psychology of corporeality*. Moscow: Smysl.

Zigmond, A.S., Snaith, R.P. (1983). The hospital anxiety and depression scale. *Acta Psychiatria Scandinavia*, 67, 361–370. DOI: 10.1111/j.1600-0447.1983.tb09716.x

Information about the author

Elena I. Rasskazova, Ph.D (Psychology), associate professor, Moscow State University, Moscow, Russia; bld. 11–9, Mokhovaya str., Moscow, Russia, 125009; senior researcher, Mental Health Research Center, Moscow, Russia; bld. 34, Kashirskoe h., Moscow, Russia., 115522; e.i.rasskazova@gmail.com.