



UNIVERSITÄT
LEIPZIG

Medizinische Fakultät

LIFE-Tag Kompakt

Strukturelle und funktionale soziale Unterstützung, Einsamkeit und subjektive Schlafgesundheit

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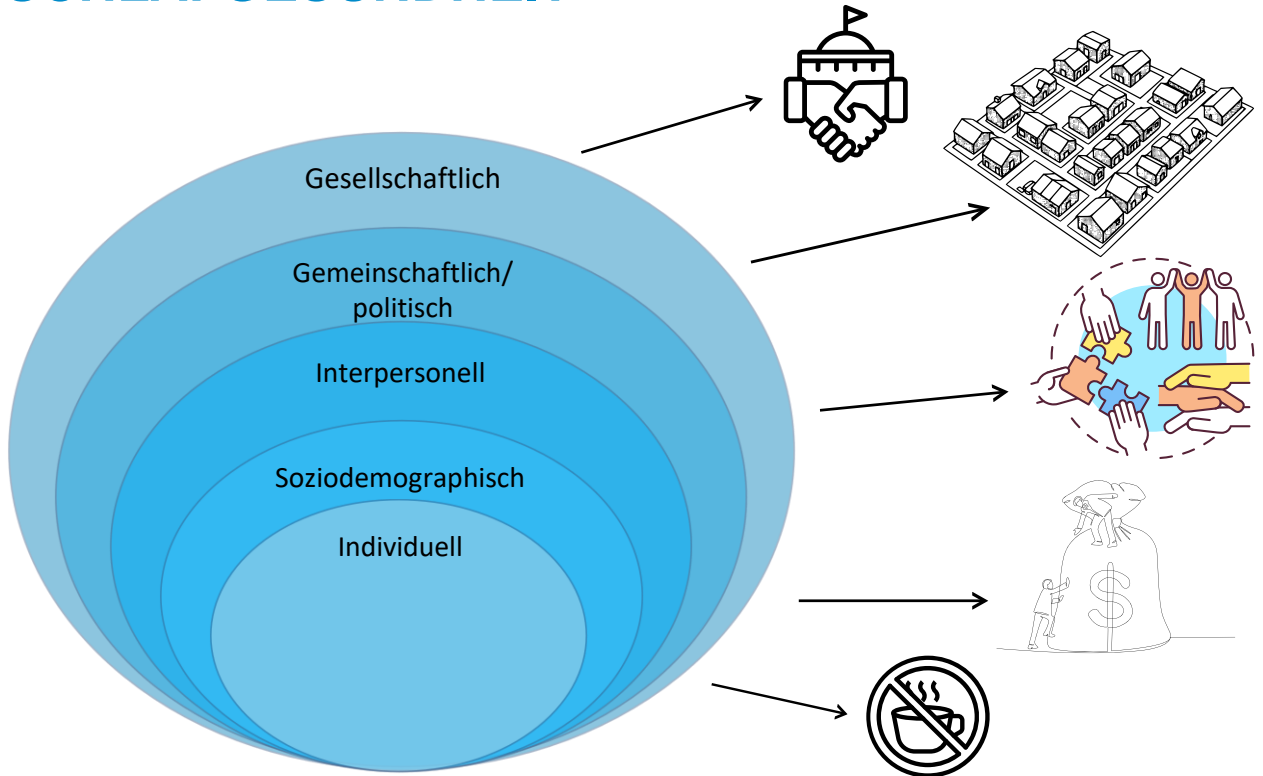


SOZIALE DETERMINANTEN DES SCHLAFES

- enorm wichtig für Gesundheit
- Relationaler Kontext wichtig für Schlaf
- z.B. Elternschlaf, Paarschlaf



SOZIO-ÖKOLOGISCHES MODELL DER SCHLAFGESUNDHEIT



SOZIALE UNTERSTÜTZUNG

"The perception of being cared for, valued, and part of a supportive network, emphasizing the meaning individuals attribute to their network." (Cobb, 1976)

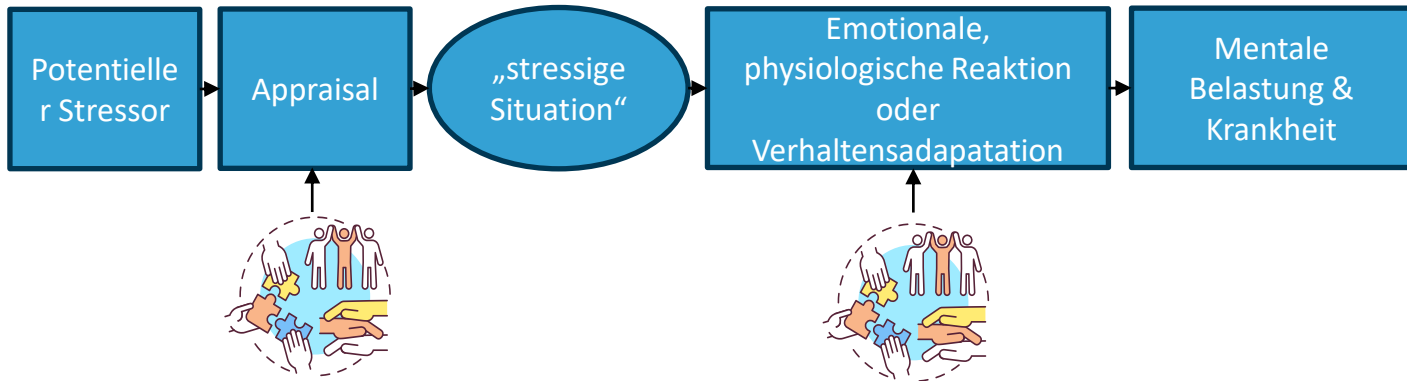


FACETTEN SOZIALER UNTERSTÜTZUNG

- Strukturelle Unterstützung
 - quantitative Aspekte des Netzwerks
- Funktionale Unterstützung
 - qualitative Aspekte (z.B. emotionale Verbundenheit)
- Einsamkeit
 - wahrgenommene Diskrepanz zwischen erwünschten und tatsächlichen sozialen Verbindungen im Netzwerk

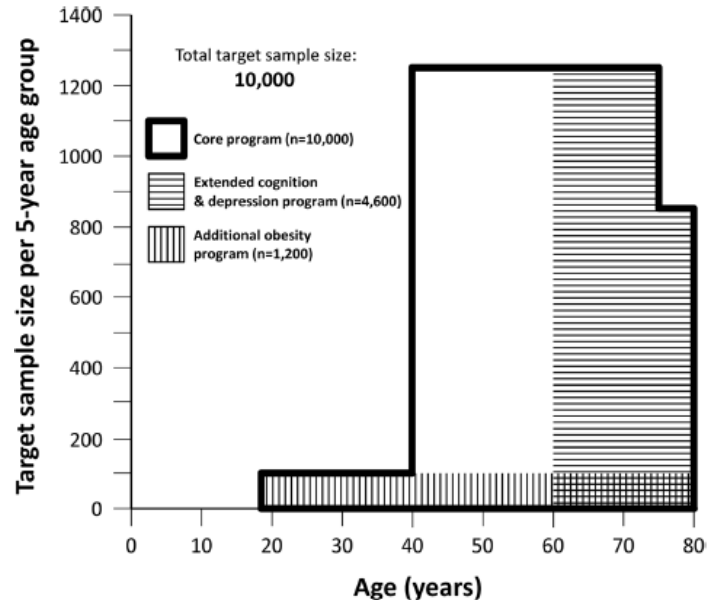
SOZIALE UNTERSTÜTZUNG & SCHLAF

Stress-buffering Model (Cohen & Wills, 1986)






DATEN

- Daten stammen aus LIFE-Adult Study (PV 725)
- 10.000 Probanden (18-80 Jahre) aus Leipzig
- Umfangreiches Untersuchungsprogramm zur Baseline (2011-2014),
- seitdem zwei Follow-ups



RESEARCH ARTICLE **OPEN ACCESS**

Rest Assured: The Association of Structural, Functional Support, and Loneliness With Subjective Sleep Health

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Keywords: functional support | German cohort | loneliness | PSQI | sleep disparity | structural support

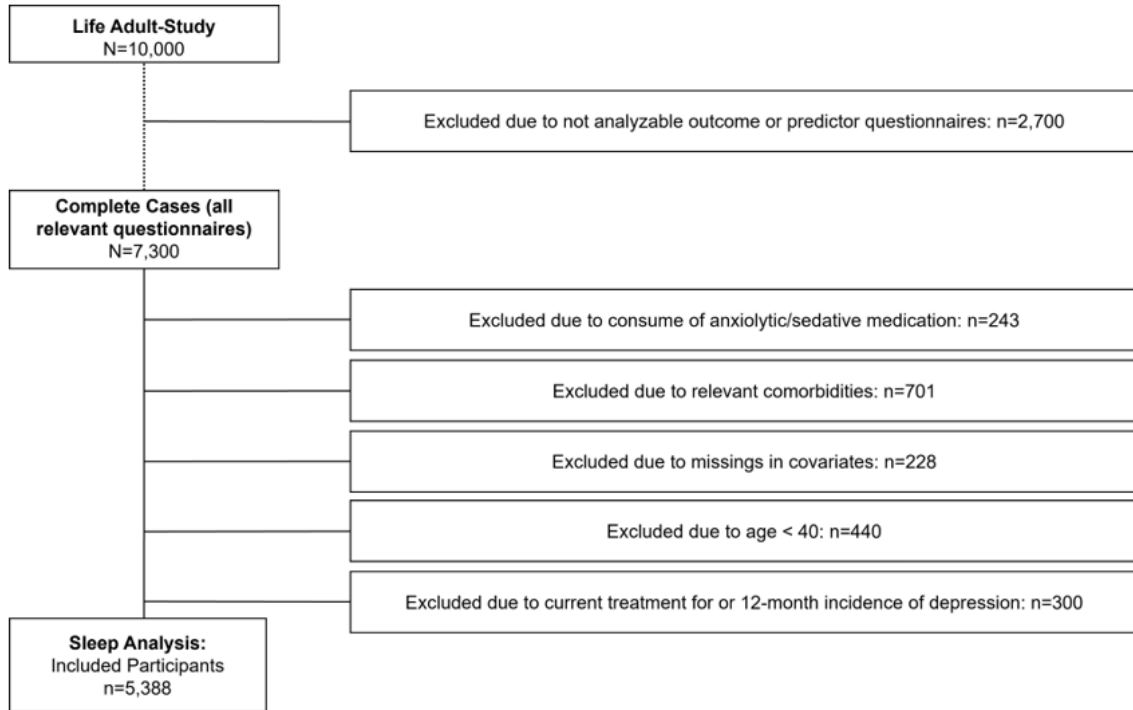
ABSTRACT

Sleep is increasingly understood as a socially embedded phenomenon. This study examined how structural and functional aspects of social support, as well as loneliness, relate to sleep health in a German sample of middle-aged adults ($N = 5388$). Drawing on the socio-ecological model of sleep health, we assessed the contributions of social support dimensions while accounting for age, sex, and socioeconomic status, as well as psychological covariates. The results of the binary logistic regression showed

METHODEN

- Schlaf:
 - Pittsburgh Schlafqualitätsindex (PSQI)
- Sozialer Support
 - Strukturell: Lubben Social Network Scale (LSNS-6)
 - Funktional: Enriched Social Support Instrument (ESSI)
 - Einsamkeit: Item 14 der Center for Epidemiologic Studies Depression Scale (CES-D)
- Kovariaten:
 - Geschlecht, Alter, Sozialer Status,
 - Angstsymptome (GAD-7), Lebenszufriedenheit (SWLS),
Depressivität (CES-D)

ANALYSE-SAMPLE



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Table 1: Sample description, separated by sex.

| | Total sample | Men | Women |
|-----------------------------------|--------------|--------------|--------------|
| <i>N</i> (%) | 5,388 | 2,558 (47.5) | 2,830 (52.5) |
| Age, <i>M</i> (<i>SD</i>) | 55.38 (10.4) | 56.00 (10.6) | 54.72 (10.0) |
| Age group, <i>n</i> (%) | | | |
| 40-49 years | 2,016 (37.2) | 916 (35.8) | 1,096 (38.7) |
| 50-59 years | 1,456 (26.9) | 666 (26.0) | 787 (27.8) |
| 60-69 years | 1,291 (23.8) | 614 (24.0) | 669 (23.6) |
| 70+ years | 652 (12.0) | 362 (14.2) | 278 (9.8) |
| Marital status, <i>n</i> (%) | | | |
| Married | 3,523 (65.1) | 1,713 (67.0) | 1,790 (63.3) |
| Single | 895 (16.5) | 478 (18.7) | 416 (14.7) |
| Divorced | 765 (14.1) | 319 (12.5) | 442 (15.6) |
| Widowed | 232 (4.3) | 48 (1.9) | 182 (6.4) |
| Living situation, <i>n</i> (%) | | | |
| Living alone | 1,195 (22.1) | 461 (18.0) | 727 (25.7) |
| Living with a | 4,220 (77.9) | 2,097 (82.0) | 2,103 (74.3) |
| SES, <i>n</i> (%) | | | |
| Low | 736 (13.6) | 343 (13.4) | 386 (13.6) |
| Moderate | 3,333 (61.6) | 1,512 (59.1) | 1,806 (63.8) |
| High | 1,346 (24.9) | 703 (27.5) | 638 (22.5) |
| Sleep Health (PSQI), <i>n</i> (%) | | | |
| Good | 3,527 (65.1) | 1,818 (71.1) | 1,693 (59.8) |
| Significantly bad | 1,558 (28.8) | 651 (25.4) | 897 (31.7) |
| Clinically relevant | 330 (6.1) | 89 (3.5) | 240 (8.5) |

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Table 3: Results of hierarchical logistic regression models.

| Predictor | B | p | OR [CI] | Predicted difference (%) [CI] |
|--------------------|-------|----------|-------------------|-------------------------------|
| Model 1 | | | | |
| Functional support | -0.05 | < .001** | 0.95 [0.93, 0.97] | -1.1 [-1.5, -0.7] |
| Family network | -0.01 | .508 | 0.99 [0.97, 1.02] | -0.2 [-0.7, 0.3] |
| Friend network | -0.05 | < .001** | 0.95 [0.93, 0.97] | -1.1 [-1.5, -0.07] |
| Sometimes lonely | 0.59 | < .001** | 1.80 [1.52, 2.13] | 13.6 [9.6, 17.7] |
| Often lonely | 0.75 | < .001** | 2.11 [1.50, 2.96] | 17.5 [9.2, 25.9] |
| Mostly lonely | 0.62 | .047* | 1.86 [1.01, 3.41] | 14.4 [-0.5, 29.4] |

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Table 3: Results of hierarchical logistic regression models.

| Predictor | B | p | OR [CI] | Predicted difference (%) [CI] |
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| Friend network | -0.05 | < .001** | 0.95 [0.93, 0.97] | -1.1 [-1.5, -0.07] |
| Sometimes lonely | 0.59 | < .001** | 1.80 [1.52, 2.13] | 13.6 [9.6, 17.7] |
| Oftentimes lonely | 0.75 | < .001** | 2.11 [1.50, 2.96] | 17.5 [9.2, 25.9] |
| Mostly lonely | 0.62 | .047* | 1.86 [1.01, 3.41] | 14.4 [-0.5, 29.4] |
| Model 2 | | | | |
| Functional support | -0.06 | < .001** | 0.95 [0.93, 0.97] | -1.2 [-1.6, -0.8] |
| Family network | -0.01 | .551 | 0.99 [0.97, 1.02] | -0.2 [-0.6, 0.3] |
| Friend network | -0.04 | < .001** | 0.96 [0.94, 0.98] | -0.9 [-1.3, -0.4] |
| Sometimes lonely | 0.51 | < .001** | 1.67 [1.41, 1.98] | 11.6 [7.6, 15.6] |
| Oftentimes lonely | 0.67 | < .001** | 1.96 [1.39, 2.76] | 15.4 [7.2, 23.6] |
| Mostly lonely | 0.50 | .114 | 1.65 [0.89, 3.05] | 11.2 [-3.3, 25.8] |
| Female | 0.50 | < .001** | 1.65 [1.47, 1.86] | 10.8 [8.3, 13.3] |
| Age | 0.01 | .063 | 1.01 [1.00, 1.01] | 0.1 [-0.0, 0.2] |
| SES | -0.05 | < .001** | 0.95 [0.94, 0.97] | -1.0 [-1.4, -0.6] |

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Table 3: Results of hierarchical logistic regression models.

| Predictor | B | p | OR [CI] | Predicted difference (%) [CI] |
|---------------------|-------|---------|--------------------|-------------------------------|
| Model 3 | | | | |
| Functional support | -0.01 | .214 | 0.99 [0.97, 1.01] | -0.3 [-0.6, 0.1] |
| Family network | -0.00 | .841 | 0.99 [0.97, 1.02] | -0.1 [-0.5, 0.4] |
| Friend network | -0.03 | .019** | 0.98 [0.96, 1.00] | -0.5 [-0.9, -0.1] |
| Sometimes lonely | -0.03 | .794 | 0.98 [0.81, 1.18] | -0.1 [-4.1, 3.2] |
| Often lonely | -0.41 | .040* | 0.66 [0.45, 0.98] | -7.4 [-14.0, -0.1] |
| Mostly lonely | -0.28 | .476 | 0.76 [0.35, 1.64] | -1.1 [-18.9, 0.1] |
| Female | 0.43 | <.001** | 1.54 [1.36, 1.75] | 8.4 [5.9, 10.8] |
| Age | 0.01 | <.001** | 1.01 [1.01, 1.02] | 0.2 [0.1, 0.3] |
| SES | -0.03 | .004** | 0.97 [0.95, 0.99] | -0.6 [-1.0, -0.2] |
| Anxiety | 0.18 | <.001** | 1.20 [1.17, 1.244] | 3.5 [3.1, 4.0] |
| Life satisfaction | -0.05 | <.001** | 0.95 [0.94, 0.97] | -0.9 [-1.3, -0.7] |
| Depressive symptoms | 0.04 | <.001** | 1.04 [1.02, 1.05] | 0.8 [0.5, 1.1] |

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Table 5. Subgroup analyses of the fully adjusted model predicting poor sleep health, stratified by sex.

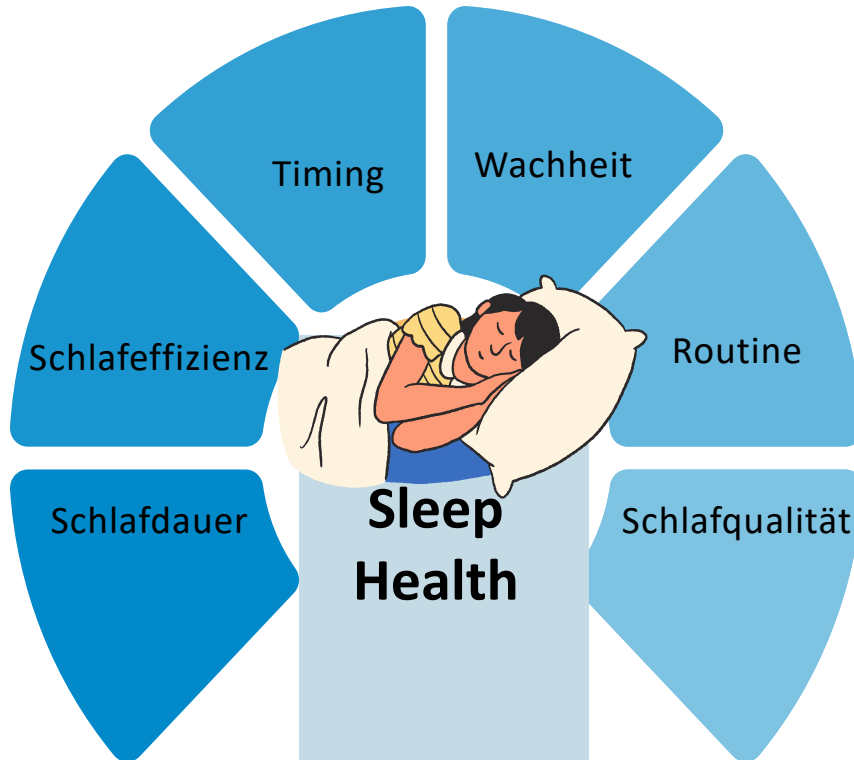
| | Predictor | B | p | OR [CI] | Predicted difference [CI] |
|-------------------|---------------------|-------|---------|-------------------|---------------------------|
| Women n = 2830 | Functional Support | -0.02 | .242 | 0.98 [0.95, 1.01] | -0.4 [-0.9, 0.2] |
| | Family Network | 0.02 | .320 | 1.02 [0.98, 1.05] | 0.4 [-0.3, 1.0] |
| | Friend Network | -0.02 | .166 | 0.98 [0.95, 1.01] | -0.4 [-1.0, 0.2] |
| | Sometimes lonely | -0.08 | .526 | 0.93 [0.73, 1.18] | -1.6 [-6.4, 3.3] |
| | Often lonely | -0.08 | .760 | 0.92 [0.55, 1.54] | -1.6 [-11.9, 8.7] |
| | Mostly lonely | -0.39 | .397 | 0.68 [0.27, 1.68] | -7.7 [-24.5, 9.2] |
| | Age | 0.02 | <.001** | 1.02 [1.01, 1.03] | 0.4 [0.3, 0.6] |
| | SES | -0.02 | .132 | 0.98 [0.95, 1.01] | -0.4 [-1.0, 0.1] |
| | Anxiety | 0.17 | <.001** | 1.19 [1.15, 1.23] | 3.6 [2.9, 4.2] |
| | Life satisfaction | -0.04 | <.001** | 0.96 [0.94, 0.98] | -0.8 [-1.2, -0.4] |
| | Depressive symptoms | 0.05 | <.001** | 1.05 [1.03, 1.07] | 1.1 [0.7, 1.4] |
| Men n=2558 | Functional Support | -0.01 | .476 | 0.99 [0.96, 1.02] | -0.2 [-0.7, 0.3] |
| | Family Network | -0.02 | .274 | 0.98 [0.95, 1.02] | -0.3 [-0.9, 0.3] |
| | Friend Network | -0.03 | .038* | 0.97 [0.94, 1.00] | -0.6 [-1.1, -0.0] |
| | Sometimes lonely | 0.09 | .588 | 1.09 [0.80, 1.49] | 13.0 [6.6, 19.4] |
| | Often lonely | -0.96 | .004** | 0.38 [0.20, 0.73] | -2.6 [-8.8, 14.1] |
| | Mostly lonely | 0.03 | .969 | 1.03 [0.26, 4.10] | 4.2 [-19.8, 28.3] |
| | Age | 0.00 | .979 | 1.00 [0.99, 1.01] | -0.0 [-0.2, 0.2] |
| | SES | -0.04 | .020* | 0.97 [0.94, 0.99] | -0.6 [-1.1, -0.1] |
| | Anxiety | 0.20 | <.001** | 1.22 [1.17, 1.27] | 3.6 [2.9, 4.3] |
| | Life satisfaction | -0.06 | <.001** | 0.95 [0.93, 0.97] | -1.0 [-1.3, -0.6] |
| | Depressive symptoms | 0.03 | .034* | 1.03 [1.00, 1.06] | 0.5 [0.0, 0.9] |

ZUSAMMENFASSUNG

- Funktionale Qualität und Freundesnetzwerke waren signifikant mit Schlafgesundheit assoziiert, Familiennetzwerke hingegen nicht.
- Einsamkeit steht in negative Zusammenhang mit Schlafgesundheit
- Geringe Varianzaufklärung, jedoch robust bei Kontrolle für Alter, Geschlecht, SES
- Nach Kontrolle für Depressivität, Ängstlichkeit & Lebenszufriedenheit bleibt nur Freundesnetzwerk signifikant
- Geschlechts- und Alterseffekte müssen weiter erforscht werden



SCHLAFGESUNDHEIT (BUYSSE, 2014)





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VIELEN DANK!

Team der LIFE-
Studie

