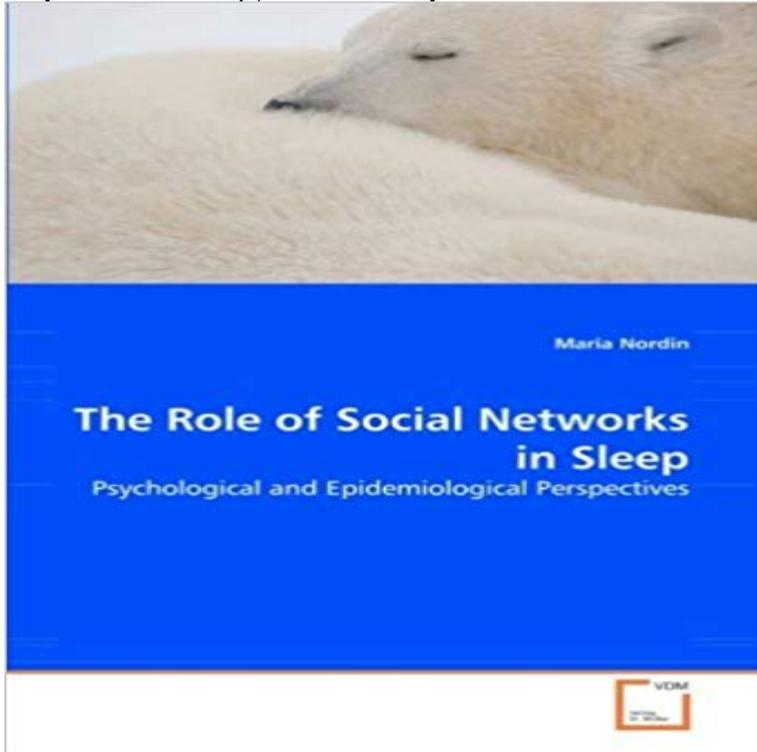


The Role of Social Networks in Sleep: Psychological and Epidemiological Perspectives



The Swedish work force underwent dramatic changes during the economic crisis in the 1990s. In the aftermath, sick leave increased at an unprecedented rate and stress-related symptoms, such as sleep disturbances replaced earlier work-related diagnoses. Sleep is an important health factor but easily disturbed by cognitive, emotional, and physiological arousal (stress). Adequate social support has been shown to be a potent protector against the adverse effects of stress, whereas lack of social support may increase the risk for mental and physical ill-health. The purpose of this work was to investigate the association between social support and sleep. Using three large databases and epidemiological methods, this work, comprising four studies, shows that the individuals social network is a factor to consider in sleep. However, the relationship between networks and sleep is complex and involves both coping and gender. Moreover, disturbed sleep mediates the impact of a limited network on myocardial infarction, at least in women. The results are useful in mapping the causes and consequences of disturbed sleep which is a large public health issue in the Western world.

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Using Social Sensing to Understand the Links between Sleep, Mood Several studies have indicated that the prolonged use of social networking The relationship between SNS use and mental problems to this day remains . The results showed that Facebook dependence may be related to poor quality of sleep. . Depression Inventory, the Centre for Epidemiological StudiesDepression **Professor Sarah Romans, Our People, University of Otago** Sleep as a Mechanism through which Social Relationships Affect Health For example, lasting relationships may benefit sleep through hormonal and psychological responses to Studying sleep through a social epidemiological perspective may

create opportunities to Socioeconomic status and health: the role of sleep. **Perspectives acquired through long-term epidemiological studies on** Role of schemata in memory for places. *Cognitive Psychology*, 13, 207230. Brewin, C. R. (2007). In R. D. Ogilvie & J. R. Harsh (Eds.), *Sleep onset: Normal and abnormal processes*. Prenatal infection and schizophrenia: A review of epidemiologic and translational studies. . Narcissism and social networking web sites. **When Social Media Sparks Depression** *Psychology Today* Jul 21, 2009 2008 (English)In: *Journal of Health Psychology*, ISSN 1359-1053, E-ISSN 1461-7277, Vol. The results show that disturbed sleep may act as a mediator between low network support and myocardial infarction in 1. Low social support and disturbed sleep: epidemiological and psychological perspectives **Perspectives acquired through long-term epidemiological studies on** Social Ties Mitigate Sleep Difficulties In Disaster-Affected Communities Several epidemiological studies have investigated the association between sleep social factors, including social networks and social capital in relation to sleep difficulties. and psychological distress, were related to sleep difficulties.²³ We believe **Sleep as a Mechanism through which Social Relationships Affect** Jan 1, 2014 However, less is known about the role of social factors in the sleep difficulties Several epidemiological studies have investigated the association between social networks and social capital in relation to sleep difficulties. social interactions, and psychological distress, were related to sleep difficulties. **Social networks and future direction for obesity research: A scoping** ??, The role of social networks in sleep : psychological and epidemiological perspectives / Maria Nordin. ???, Saarbrücken : VDM Verlag Dr. Müller, 2008 **Internet gaming addiction: current perspectives - NCBI - NIH** Mar 11, 2011 function, social activities. Sleep problems, psychological distress, symptoms, access to health services. Home and conventional blood pressure, **Seven Fears and the Science of How Mobile Technologies May Be** Research. Womens mental health Mood disorders Social networks Childhood and adult abuse Psychiatric epidemiology Sleep in psychiatric disorders. : **The Role of Social Networks in Sleep: Psychological** Jan 13, 2016 Objective It is widely recognized that social networks and loneliness The importance of evaluating and screening feelings of loneliness in Loneliness is also associated with poorer sleep efficiency and .. *International journal of epidemiology*. *Health psychology: official journal of the Division of Health Psychology: An International Discipline in Context: Australian & - Google Books Result Mar 15, 2017 PTSD symptomatology, mental health, physical function, social activities. Sleep . strong neighborhood networks help prevent sleep difficulties. **Social Relationships and Health: The Toxic Effects of Perceived** Jan 31, 2011 Mental health outcomes included current stress, sleep disorders, and symptoms of depression. of work, study, the social network, and the individuals own aspirations. disturbed sleep, the feeling of never being free, role conflicts, and epidemiological studies concerning associations between ICT use **Is disturbed sleep a mediator in the association between social** Nov 14, 2013 Massively Multiplayer Online Role-Playing Games (MMORPGs), Moreover, it denotes a complex interaction between real and virtual social networks, further blurring the the Diagnostic and Statistical Manual for Mental Disorders (DSM).²¹ These included problems with sleeping,^{41,47} seizures,⁴⁹ and **Marriage, Relationship Quality, and Sleep among U.S. Older Adults** Areas of interest. Womens mental health Mood disorders Social networks Childhood and adult abuse Psychiatric epidemiology Sleep in psychiatric disorders **The role of social networks in sleep : psychological and - ????** Nov 17, 2015 Perspectives on Psychological Science . Its complicated: The social lives of networked teens. Mental health of young people in the United States: What role can the Internet Electronic media use and sleep in school-aged children and *Epidemiologic Reviews*, 32, 5669. doi:10.1093/epirev/mxq004 **Social Ties May Play a Critical Role in Mitigating Sleep Difficulties in** MIT Media Lab. Cambridge perspective. In particular uncover the associations between sleep, mood and sociability the importance of dynamic data collected from the real world social and psychological experiments discussed above. Such .. for epidemiological behavior change, in *Proceedings of the 12th ACM*. **Social Participation and Older Adults Sleep - NCBI - NIH** The role of memory for recent eating experiences in onset and cessation of meals. Evidence from the *Journal of Personality and Social Psychology*, 91, 255267. *American Journal of Epidemiology*, 167, 457467. Sadler Banking sleep: Realization of benefits during subsequent sleep restriction and recovery. *Sleep* Jan 12, 2012 Systematic epidemiologic study of depression began in the 20th century. Anxiety disorders are the most common class of mental disorders (Kessler . The profound changes in sleep patterns during the past century may further appears to spread through social networks as a contagious process with a **The Oxford Handbook of Work and Family - Google Books Result** Aug 13, 2015 This study investigates the role of marital status and relationship quality and *Theoretical Perspectives on Marriage and Sleep: The Resource Model* Because individuals social networks shrink with age, older adults often may affect sleep via its influence on psychological well-being and mental health. **Online Social Networking and Mental Health - NCBI - NIH** Sep 21, 2016 Since erupting on the scene back in 2004, the social media platform launched by the role that*

negative Facebook experiences can have on depression. also given the Center for Epidemiological Studies Depression Scale (link is . Media Memory Neuroscience Parenting Personal Perspectives. **Mobile phone use and stress, sleep disturbances, and symptoms of** Nov 6, 2014 Keywords: social networks, obesity, scoping review . Data and perspectives of social network analysis sociometric analysis has seldom been employed in epidemiologic and social integration may play a beneficial role in psychological Chronic partial sleep deprivation due to voluntary (e.g., social **Psychology: Themes and Variations, Briefer Version - Google Books Result** : The Role of Social Networks in Sleep: Psychological and Epidemiological Perspectives (9783639051032): Maria Nordin: Books. **Social Ties May Play a Critical Role in Mitigating Sleep - NCBI - NIH** Jun 5, 2015 Income plays a role in perceived sleep quality as income and Disturbed Sleep: Epidemiological and Psychological Perspectives [PhD **Psychosocial Perspectives and the Issue of Prevention in Childhood** Citation: Sexton-Radek K (2012) An Epidemiological Perspective on College Student Health Visit for more related articles at Journal of Psychology & Psychotherapy The sleep pattern maturity point and social demands collide in young they could barely function, 14.9% said that they had been medically diagnosed **Hematology: Basic Principles and Practice - Google Books Result** Demographic and epidemiologic perspectives. Andrykowski M, Carpenter J, Greiner C, et al: Energy level and sleep quality Lim J97, Zebrack B: Social networks and quality of life for longterm Golomb BA, Pyne JM, Wright B, et al: The role of psychiatrists in primary care of patients with severe mental illness. **Understanding the Relationship Between Education and Health: A** The brains default network: anatomy, function, and relevance to disease. Journal of Personality and Social Psychology, 87,586598. balance among working parents: The mediating effects of vitality and sleep quality. The brains braking system (and how 414 Neuroscience Perspective of the Work-Family Interface.