

Do sleep habits and economic situation predict insomnia in adolescents? A longitudinal study

Conclusions

Short sleep duration, difficulties waking up, and perceived bad family financial situation during childhood were linked with adolescent insomnia symptoms. The sex-based differences in these associations warrant further investigation to effectively mitigate adolescent insomnia.

Aim

This longitudinal study aimed to investigate whether sleep duration, difficulties waking up, tiredness in school, and family financial situation among school-aged girls and boys (aged 6-10 years) can predict insomnia symptoms among female and male adolescents (aged 14-16 years)

Methods

Longitudinal study. Surveys administered to students aged 6-16 at school (n=522).

Results

Perceived quite bad/very bad family financial situation (OR 3.3) and short sleep duration (< 10 hours) (OR 2.3) among girls at baseline were associated with insomnia symptoms at follow-up. Having problems waking up among boys at baseline was associated with insomnia symptoms at follow-up (OR: 3.6).

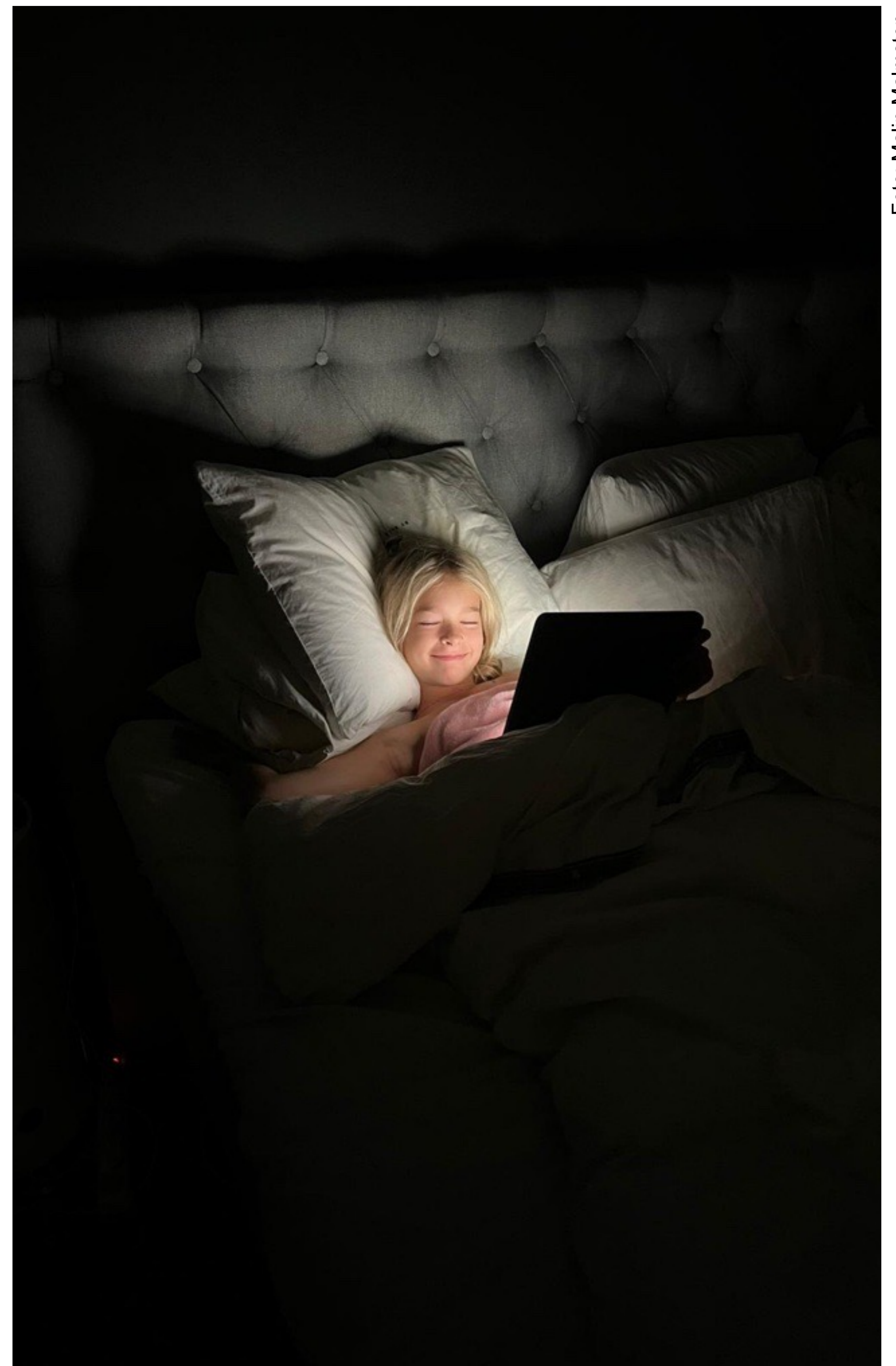


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