A LONGITUDINAL STUDY OF THE EFFECTS OF LIFE-DOMAIN SATISFACTIONS ON LOSS OF SLEEP

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Sleep problems (also referred to as Insomnia) are very common in modern societies. Some reports show that only as little as 5% of adults in the United States reported never having trouble sleeping. Studies also suggest that sleep difficulties are more common amongst women and the elderly.

Reasons for sleep problems can be generally divided into 3 categories: *Physical reasons* (*a*geing, pain and other medical issues, use of particular drugs, etc.), *Mental and psychological reasons* (worry, stress and depression) and *Surroundings* (noise, bedroom temperature, uncomfortable bed, etc.). Whilst Physical reasons might need drug-therapy, in case of mental and psychological reasons drug-therapy is usually suggested with precaution.

Subjective well-being as a growing area of Psychology focuses on how people evaluate their own lives. There is general agreement in the literature that Subjective well-being consists of three components, namely: positive affective appraisal, negative affective appraisal and life satisfaction. Life satisfaction is distinguished from affective appraisal in that it is more cognitively driven than emotionally. Researchers generally distinguish between life-domain satisfaction and global life satisfaction. Life-domain satisfaction refers to satisfaction with specific areas of an individual's life, such as work, marriage etc., whereas judgements of global life satisfaction are much more broad, consisting of an individual's comprehensive judgement of his/her life as a whole.

In this paper the relationship between *loss of sleep due to worry* and four aspects of life-domain satisfaction, namely: *Satisfaction with one's Job*, *Satisfaction with one's Health*, *Satisfaction with spouse/partner* and *Satisfaction with one's Social Life*, is examined in a longitudinal framework. A transition ordered-response model is used to see the effects of each domain, whilst controlling for other explanatory variables: *Age, Gender*, *Marital Status* and *Education*.

The data used is extracted from three successive waves of the British Household Panel Survey (waves 13, 14 and 15), an annual longitudinal survey of a nationally representative sample of adult (16+) Britons, being carried out since 1991. This survey covers a broad range of social and economical issues, including detailed data on personal health conditions and subjective well-being.

The longitudinal approach allows us to see how change in life-domain satisfaction can result in causing or curing sleep problems in different social groups.