

Sleep Matters: How Sleep and Interpersonal Events Influence Suicide Ideation



Adapted from Hamilton, J.L., Tsypes, A., Zelazny, J., Sewall, C.J.R., Rode, N., Merranko, J., Brent, D.A., Goldstein, T.R., & Franzen, P.L. (2022) Sleep influences daily suicidal ideation through affective reactivity to interpersonal events among high-risk adolescents and young adults. *Journal of Child Psychology and Psychiatry*. doi: 10.1111/jcpp.13651. <https://doi.org/10.1111/jcpp.13651>

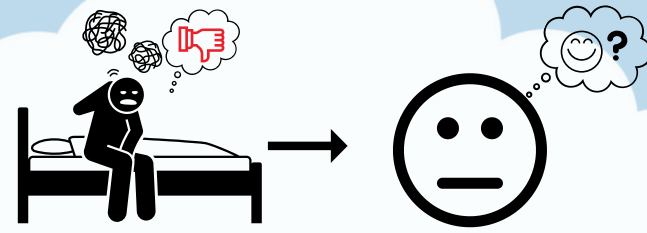
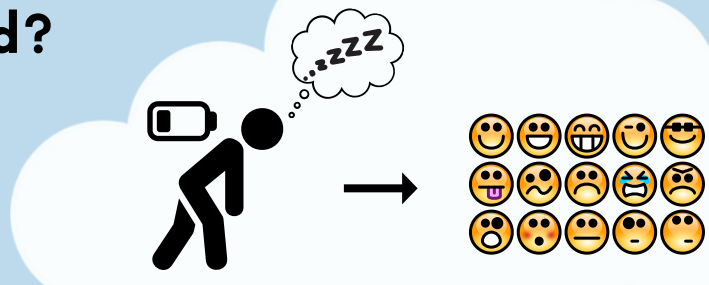
Introduction

- Defining **Suicide Ideation**
 - Suicide ideation refers to when an individual has thoughts about dying by suicide or wanting to end their own life.
- Defining **Interpersonal Stress & Affective Reactivity**
 - Interpersonal events include negative or positive situations or experiences that occur in a person's social relationships (or with other people) that can impact their emotional well-being.
 - Affective Reactivity is an individual's emotional response to an interpersonal event, which can be negative or emotional distress or positive (enjoyment/reward).

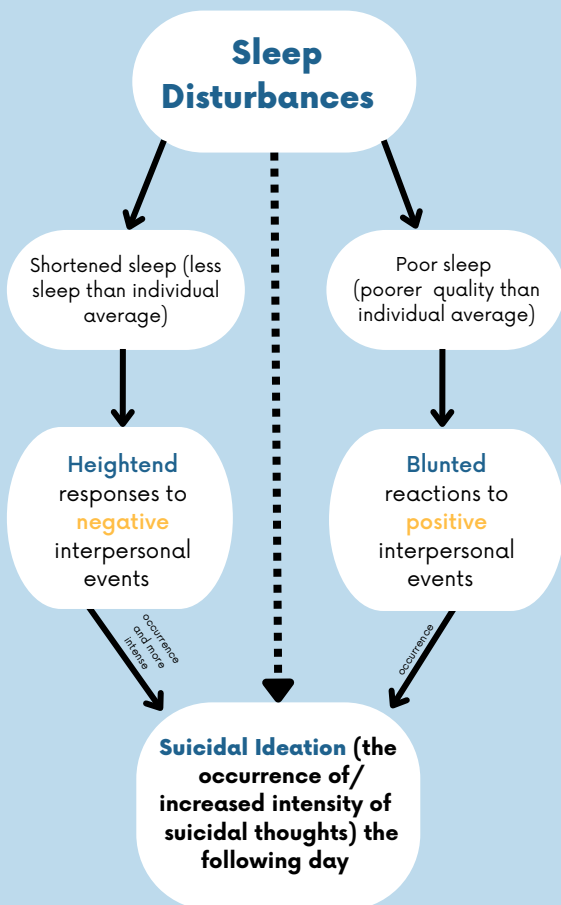


How are Sleep and Emotional Reactivity to Interpersonal Events Related?

- This study found that getting **less** sleep than usual predicted **higher levels of emotional reactivity** to interpersonal events
- Getting less sleep was associated with **higher levels of emotional distress** to **negative events**
- It was also found that **poorer sleep quality** (i.e., how well a person sleeps) predicted **lower levels of affective reactivity** to **positive interpersonal events**.



What impact do sleep and interpersonal stressors have on suicidal ideation?



Getting less sleep predicts a stronger affective response to negative interpersonal the next day, which in turn is associated with individuals having suicidal thoughts and suicidal thoughts that were more intense.

Getting worse sleep quality predicts blunted responses to positive interpersonal events the next day, which was associated with a greater likelihood of suicide ideation.

The Big Picture: For adolescents, shorter than usual or poorer than usual sleep quality has an indirect effect on the next day's suicidal ideation through heightened affect reactivity to negative events and blunted affective reactivity to positive events.

Why This Research Matters

- This study supports that sleep disturbances and interpersonal stressors are significant risk factors for suicidal ideation in adolescents.
- Sleep is a **modifiable** risk factor for suicide. It can be targeted in treatment and in suicide prevention programs to improve adolescent sleep and reduce risk for suicidal ideation.

