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**Title:**

Do Associations Between “Sleeping Well” and “Feeling Well” Become Weaker with Age? Results from the SOEP and an Ambulatory Monitoring Study

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**Abstract:**

Previous studies showed associations between sleep disturbances and sleep deprivation are associated with diminished affective well-being. Furthermore, evidence is mounting that emotional well-being remains stable or even improves from younger adulthood into young old age. This appears surprising in light of the well-documented age-related decline in sleep duration and quality of sleep, which is an important, but in research partly unattended activity of human daily life. Using data from SOEP we investigate the hypothesis that sleep and affect are more closely connected during adolescence and young adulthood, and become increasingly uncoupled over the life course. In Study 1 we analyze SOEP data (age range of participants 17-90 years) regarding average sleep duration, subjective sleep quality, and negative affect during the last four weeks. In Study 2, an ambulatory monitoring study conducted in collaboration with the SOEP, 92 participants aged 14 to 83 years participated in a 24-hour monitoring during which heart rate and physical activity were continuously recorded while participants pursued their normal daily routines. Participants further carried mobile phones with them that prompted them, among other things, to report their momentary affective well-being shortly before going to bed and after waking up. Night recordings of psycho-physiological processes provided objective indicators of sleep quality. Results of both studies demonstrate age-related differences in associations of sleep quality and affective well-being and suggest a possible detachment of affect from sleep over the life course. We conclude with general methodological considerations of in-depth investigations of short-term processes as possible amendments of large-scale panel studies like SOEP.

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