

# **Mindfulness and Poor Sleep in a Community Sample: Subjective and Objective Sleep Measures and Relationship with Meditation Practice**

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## Background and objectives:

Poor sleep is common in community samples. Mindfulness has been described as a potential treatment for sleep difficulties and insomnia in particular. This study examined the impact of Mindfulness-Based Stress Reduction (MBSR) on pre-sleep arousal, dysfunctional attitudes toward sleep, fatigue and sleepiness, sleep onset latency and duration of waking after sleep onset.

## Methods:

Two groups of adults complaining about insomnia symptoms were included. Twenty-two people participated in a two-month MBSR program and 23 people formed a comparison group. No particular adaptation was introduced to the MBSR program regarding sleep concerns. Questionnaires and sleep diaries were completed and actigraphic measures were taken before and after the MBSR. MBSR participants also completed a meditation practice diary during the 2-month group period.

## Results:

The main findings indicated decreased pre-sleep cognitive arousal and dysfunctional beliefs about sleep and increased sleep quality in participants who had undergone MBSR. The decrease in pre-sleep arousal was correlated with the duration of formal practice. No changes in actigraphic measures were noted either in MBSR participants or in controls.

## Discussion and conclusion:

The findings suggest that MBSR has an effect on cognitive aspects of sleep impairment. Practicing meditation could help people cultivate a different relationship with their thoughts characterized by enhanced decentering with a stance of acceptance without judgment; this in turn has a positive impact on sleep.