

American Sleep Association
100 Cambridge Street, Suite 1400
Boston, MA 02114

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Does your partner often seem to get up on the wrong side of the bed? Is that why they seem to be snapping and growling at you so much?

New research has been added to previous findings to support a connection between sleep deprivation and psychological abuse. Domestic abuse is a serious issue, and the study sheds some light on sleep deprivation as a contributing factor. The study results are important considerations for individuals or couples seeking therapy and a reminder to mental health professionals to consider sleep impairment issues.

A recent study done by Sharon Rose and Linda Berg-cross of Howard University in conjunction with Nancy Crowell of Georgetown University revealed how sleep impairment and partner dynamics in the areas of relationship satisfaction, sexual satisfaction, and sexual desire impact the risk of psychological abuse.

“This new research provides an important insight to helping us put an end to domestic psychological abuse. I frequently draw upon my medical background to look for contributing factors to abuse. Now, I will look for sleep disorders, such as sleep apnea, which can easily be treated by a specialist alongside therapy to mend the marriage and the family,” stated [REDACTED] in an email interview.

The study consisted of 92 male and 92 female adult participants who had been married or cohabiting for at least six months. The participants completed the study online in the form of a survey. The survey assessed sleep, perceived daytime functioning, relationship satisfaction, sexual satisfaction, sexual desire, and incorporated the Psychological Maltreatment of Women Inventory Short Form.

The results showed that the effects of poor sleep, such as daytime sleepiness, difficulty focusing, and irritability, increased psychological abuse perpetration and victimization amongst both genders significantly. High relationship satisfaction, sexual satisfaction, and sexual desire reduced the effects of sleep impairment on psychological abuse.

Reference: Rose, Sharon; Berg-Cross, Linda; Crowell, Nancy; **Couple and Family Psychology: Research and Practice**, Vol 10(1), Mar, 2021 pp. 17-37. Publisher: Educational Publishing Foundation; [Journal Article]

Subject Area: Emotional Abuse; Relationship Satisfaction; Sexual Satisfaction; Sleep Deprivation; Victimization