

Nudging Resilience: Promoting sleep awareness to enhance mental well-being among adults aged 60+

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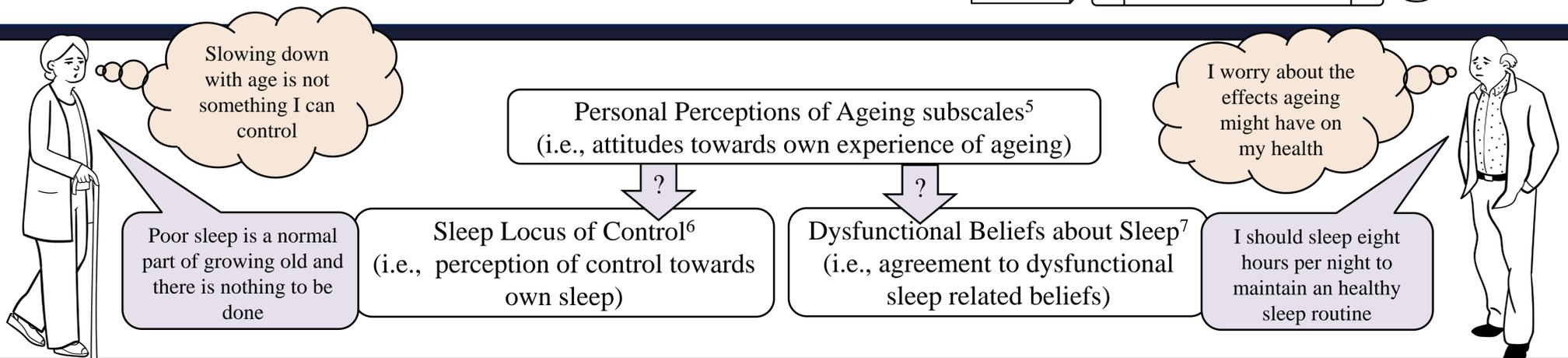
Introduction

Positive personal attitudes towards ageing are associated to health engagement¹ and better health outcomes² in older adults.

Sleep is a multifactorial phenomenon with an important role on cognition and functioning in old age³.

Self-reported sleep quality in older adults is often influenced by what it is considered *acceptable* health in ageing⁴.

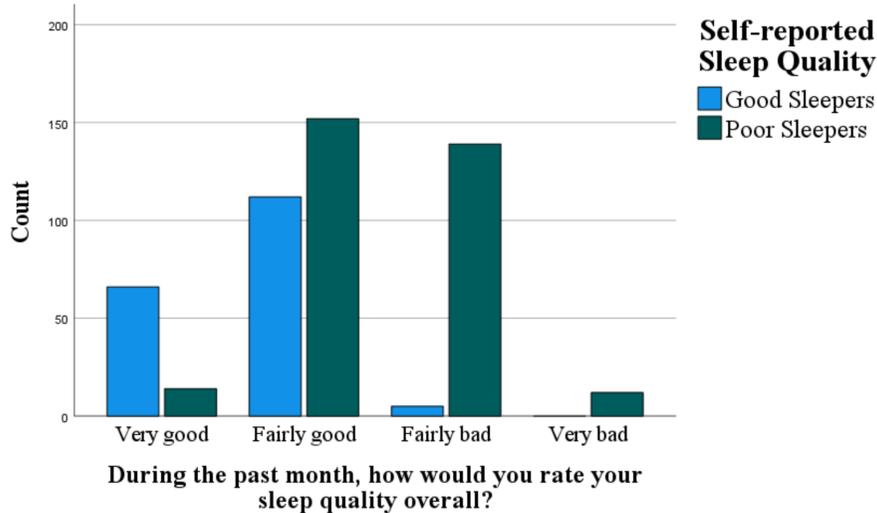
Are perceptions of ageing associated to sleep cognition in older adults?



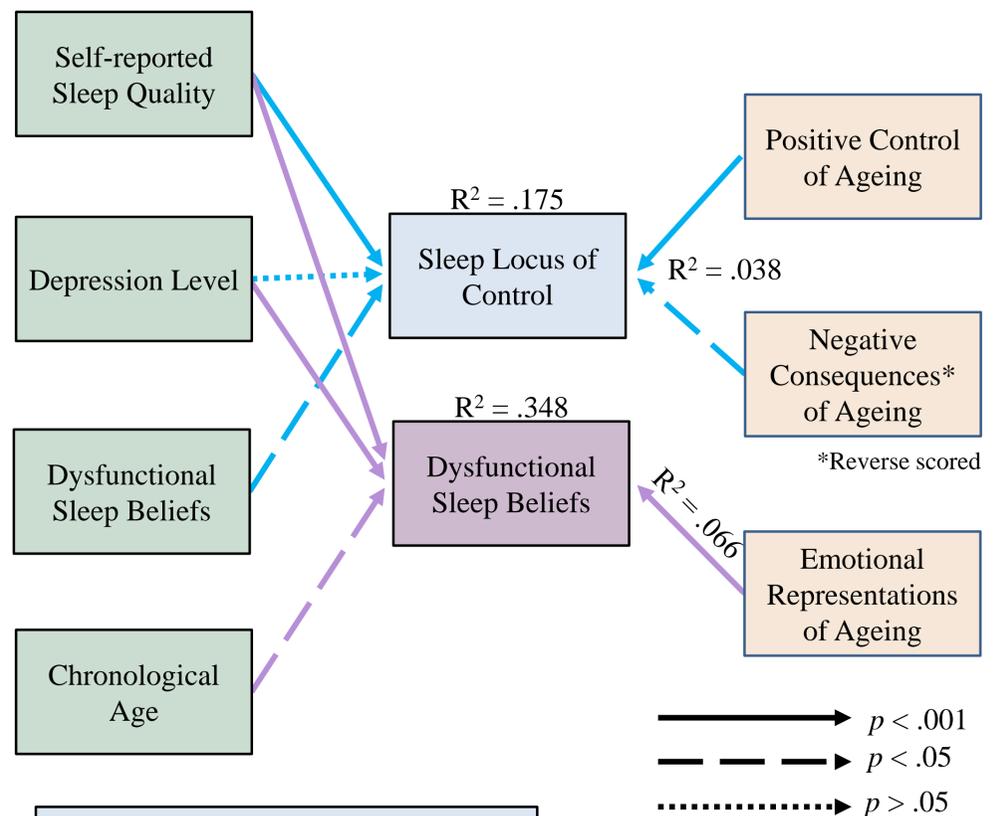
Methods

- 500 participants (Mean Age 66.60, SD 5.11).
- Online recruitment through Prolific (www.prolific.co).
- Age (60+) and fluency in English as inclusion criteria.

Self-reported sleep quality



Hierarchical regression models



Conclusions

- An increase in Emotional Representations of Ageing predicts an increase in Dysfunctional Sleep Beliefs in this sample.
- Positive Control and Negative Control towards Ageing were significant predictors in the change of variance of Sleep Locus of Control.
- Negative emotional responses towards ageing may discourage active health engagement leading the individual to resort to inaccurate strategies to face their health disturbance⁸.

Future directions

- Behavioural interventions able to promote positive attitudes towards ageing in older adults might be able to enhance sleep awareness and mental well-being among adults aged 60+.
- To date, there are no empirical studies investigating a potential association between self-perceptions of ageing and sleep cognition.
- Future investigations are required to extend our understanding of older adults' sleep quality.

