

# THE IMPACT OF SLEEP HYGIENE ON EMOTIONAL VARIABLES AND MEMORY PROCESSES IN PRISON INMATES



Alejandra Martin<sup>1</sup>, Matías Bonilla<sup>1,2</sup>, Leonela M. Tassone<sup>1,2</sup>, Francisco T. Gallo<sup>1,2</sup>, & Cecilia Forcato<sup>1,2</sup>

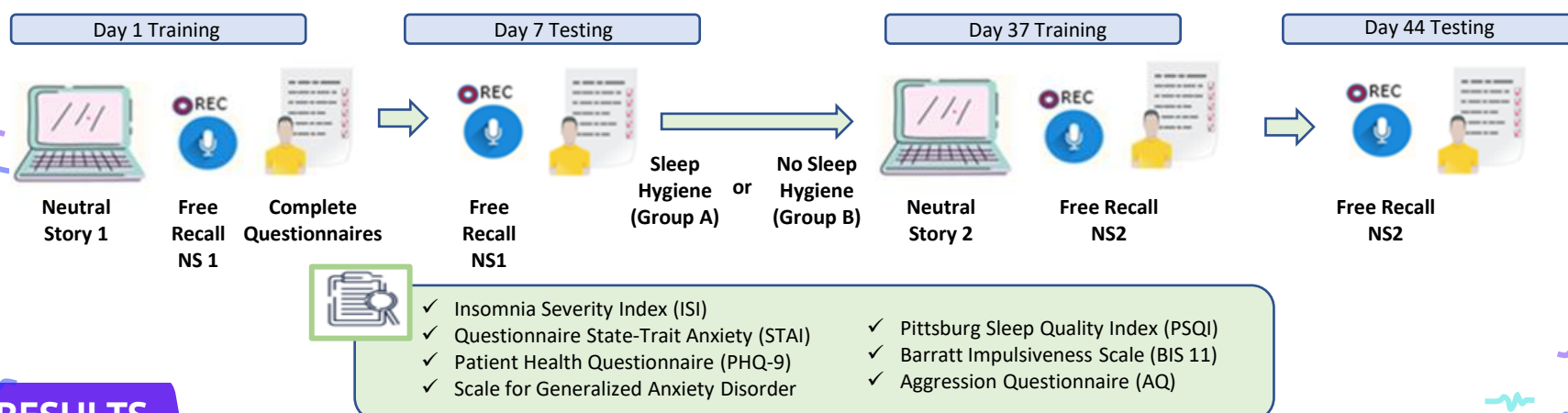
<sup>1</sup> Laboratorio de Sueño y Memoria, Depto. de Ciencias de la Vida, Instituto Tecnológico de Buenos Aires (ITBA).

<sup>2</sup> Consejo Nacional de Investigaciones Científicas y Tecnológicas (CONICET), Buenos Aires, Argentina.

## INTRODUCTION

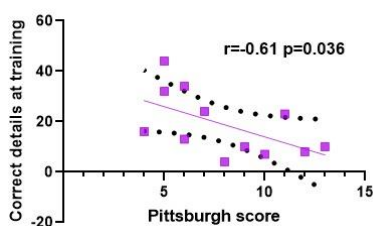
Having a good sleep quality is essential for a healthy life. Lack or poor quality of sleep can negatively affect various brain functions such as emotional processing and memory acquisition and consolidation (1,2). In addition, prolonged sleep deprivation, as well as the deterioration of the sleep quality are correlated with depressed mood (3), anger, aggressive behavior (4) and anxiety (5). The prison experience can be inherently stressful and lead to disturbed sleep patterns. In prison, the most common sleep disorder is insomnia (6). When left untreated, it can negatively affect daytime functioning and work productivity, and it can influence inmate adverse behavior such as exacerbating irritability or aggression (7). Improving sleep in prison offers the potential to positively impact several of these common risk factors for both staff and inmates. Thus, we propose a sleep hygiene treatment to improve sleep habits in the prison environment. Here, we will discuss the project and preliminary data of one-month treatment of sleep hygiene in prison inmates.

## METHODS

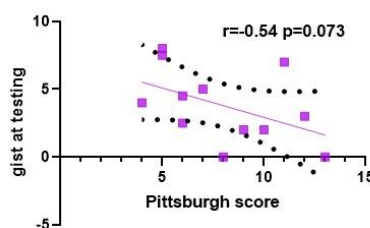


## RESULTS

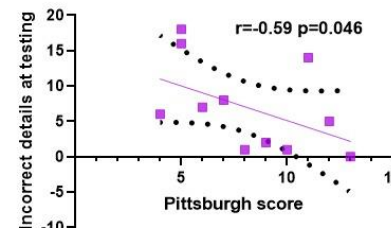
We analyzed together the data of the sleep hygiene and no sleep hygiene groups because only 12 prison inmates completed the study and only 5 accomplished the sleep hygiene treatment.



The better the quality of sleep, the greater the encoding of correct details.



The better the quality of sleep, the greater the gist at testing.

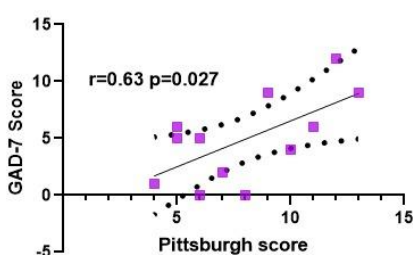


The better the quality of sleep, the more false details at testing.

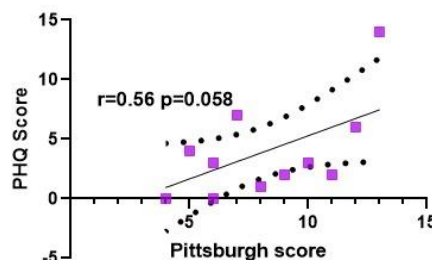
## CONCLUSIONS

Our results go in line with previous findings showing that sleep improves memory consolidation and gist abstraction thus, inducing more false details (1,8). Furthermore, it improves mood (3,5).

Although it is difficult to have access to the prison inmates for studies that take several days, 5 of them could accomplish the four interviews and sleep routine during 1 month. However, in order to study the impact of the sleep hygiene on memory and emotional variables we need to collect more data.



The better the quality of sleep, the less anxiety level.



A negative trend can be observed between the quality of sleep and the level of depression

## REFERENCES

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