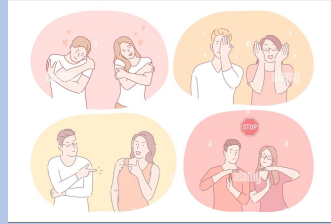


The association between sleep quality, feeling fluctuations, and relationship satisfaction during Covid-19 pandemic

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People who sleep better report fewer fluctuations in their feelings toward their partners, and tend to also report higher relationship satisfaction in the context of the COVID-19 pandemic

This effect holds true both between-person and within-person

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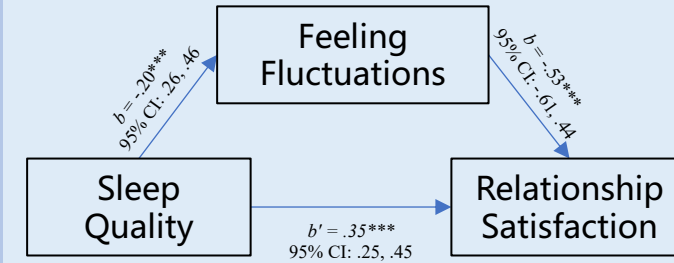
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RESULTS

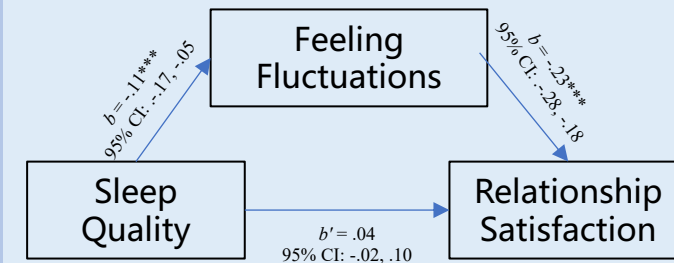
Fluctuations in feelings toward one's partner can help explain the association between sleep quality and relationship satisfaction **between-person**



Indirect Effect = .11*, 95% CI: .05-.16**

Notes: b': controlling for Feeling Fluctuation, ***p<.001

Fluctuations in feelings toward one's partner can help explain the association between sleep quality and relationship satisfaction **within-person**



Indirect Effect = .03*, 95% CI: .01-.04**

Notes: b': controlling for Feeling Fluctuation, ***p<.001

BACKGROUND

- Significant associations have been shown between sleep quality and mood in daily marital interactions¹
- Sleep quality is also correlated with relationship satisfaction²
- The COVID-19 pandemic has been shown to be associated with decreased sleep quality³
- However, how sleep quality and daily feeling fluctuations affect relationship quality remains largely uninvestigated

OBJECTIVES

Examine whether:

- 1) sleep quality predicts relationship satisfaction during the COVID-19 pandemic, and if it can be explained by fluctuations in feelings toward one's partner
- 2) such an effect exists both between-person and within-person

METHODS

- Self-reported longitudinal data was collected from people in cohabiting relationships (N = 466, Age_{mean} = 37, Relationship Length_{mean} = 11 years)
 - *Sleep quality*: During the past week, how would you rate the overall quality of your sleep?
 - *Feeling Fluctuations*: How much do your feelings towards your partner vary from day to day?
 - *Relationship quality*: In the past week, how satisfied have you been with your relationship overall?

