

# Sleep locus of control associated with better sleep quality, particularly in insomniacs

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## INTRODUCTION

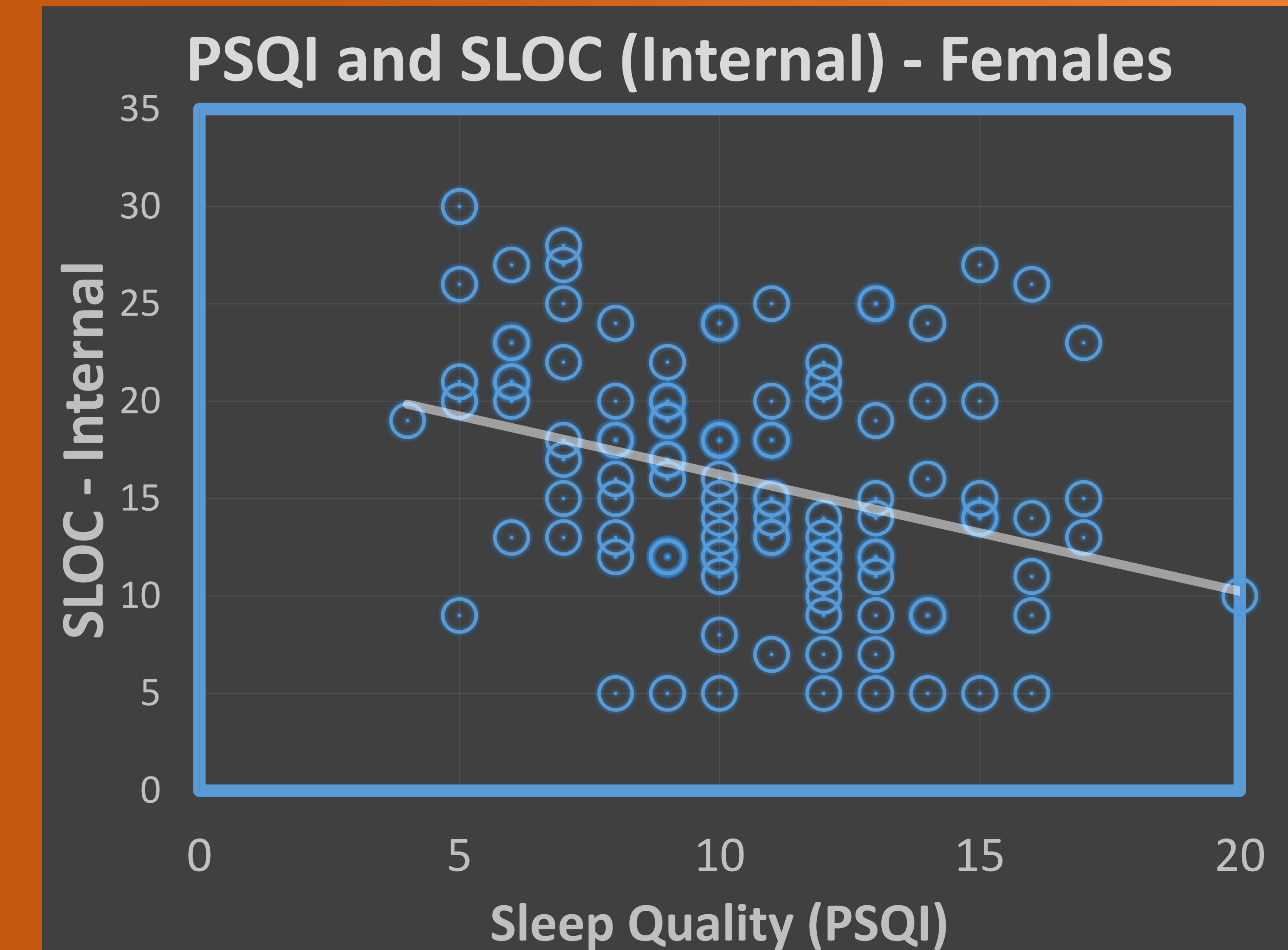
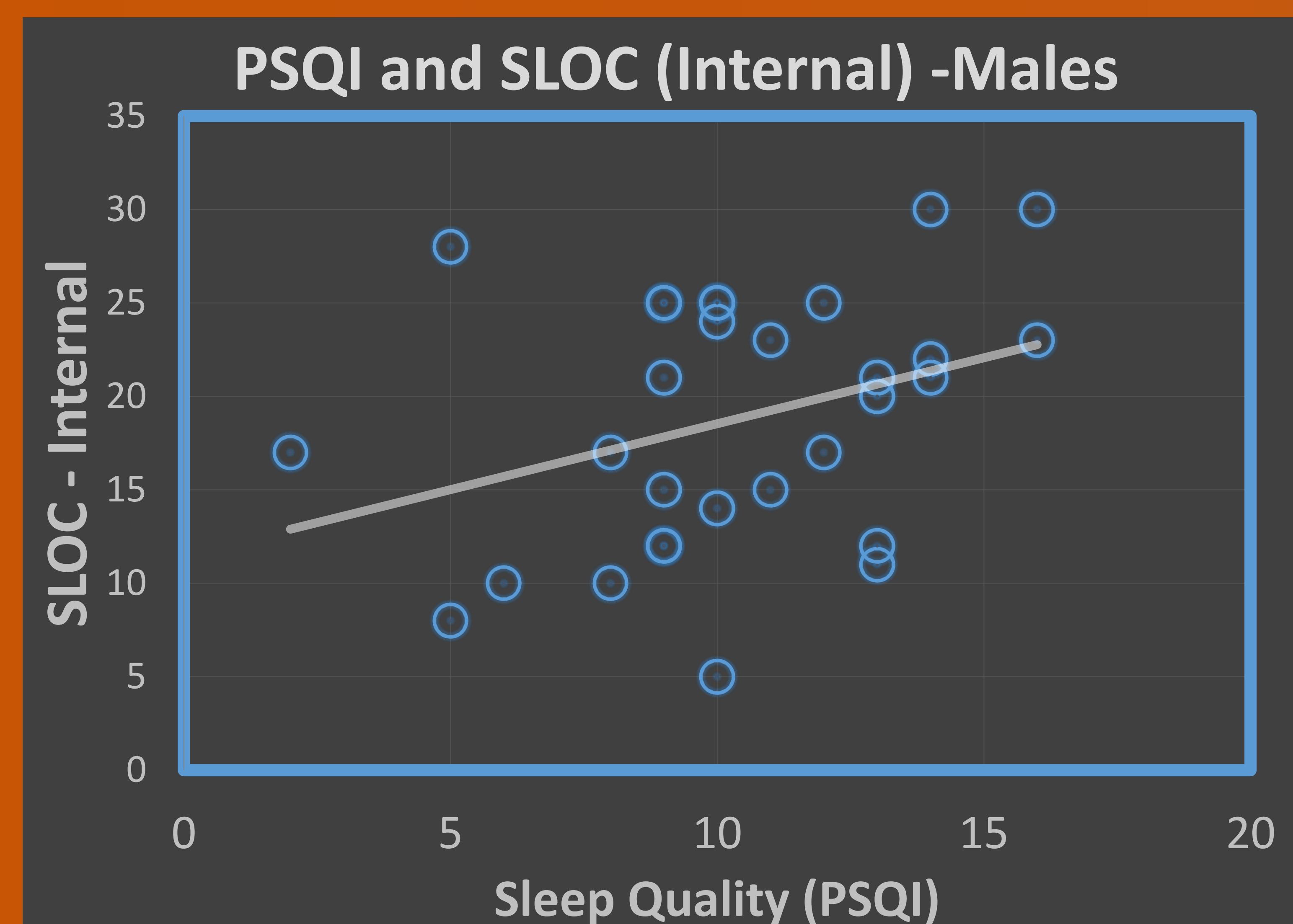
Previous research suggests that students with external locus of control may have poorer sleep quality than those with internal locus of control and insomniacs have been shown to have poorer sleep-specific locus of control than the general population. We examined whether greater internal sleep locus of control is associated with better sleep quality, and whether the association is stronger when restricted to individuals with insomnia.

## METHOD

Seven-hundred-and-forty-seven college students completed an online survey that included measures of demographics, sleep behavior, sleep locus of control, insomnia, and sleep quality. Participants were recruited through class announcements and social media on a voluntary basis. Sleep locus of control was measured by the 8-item Sleep Locus of Control (SLOC) scale, insomnia was measured using the 7-item Insomnia Severity Index (ISI), and sleep quality was measured using the 19-item Pittsburgh Sleep Quality Index (PSQI). Internal sleep locus of control was calculated by summing five of the eight SLOC items. Three-quarters (75%) of the participants were female and the majority (92%) identified themselves as Hispanic. Participants' age ranged between 18 and 56 years ( $M=23.2$ ,  $SD=5.29$ ).

## RESULTS

Seventy-three percent of students ( $N=543$ ) reported sleeping alone (rather than with a partner) and were used in the final analysis. Separate analyses were carried out for males and females. Our results demonstrated a statistically significant correlation between internal sleep locus of control and sleep quality in females: higher sleep locus of control was associated with better sleep quality (lower PSQI scores). Based on established criteria, individuals who scored 15 or above on the ISI were classified as insomniacs and the correlational analyses were repeated using this sub-sample. A statistically significant correlation was found in insomniac females ( $r(68) = -.35$ ,  $p = .002$ ), but not in males ( $r(22) = .35$ ,  $p = .054$ ).



## DISCUSSION

Previous research using generalized measures of locus of control have shown that individuals with high locus of control tend to have better sleep quality. Our study replicated and extended these previous findings using a specialized sleep locus of control scale. For female college students, high sleep locus of control was positively associated with good sleep quality, an association that was more pronounced in females with clinically significant insomnia. This association was not found in males, whether or not they had insomnia. Indeed, though not statistically significant, the trend in males was in the opposite direction (higher sleep locus of control was associated with poorer sleep quality).

## References

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