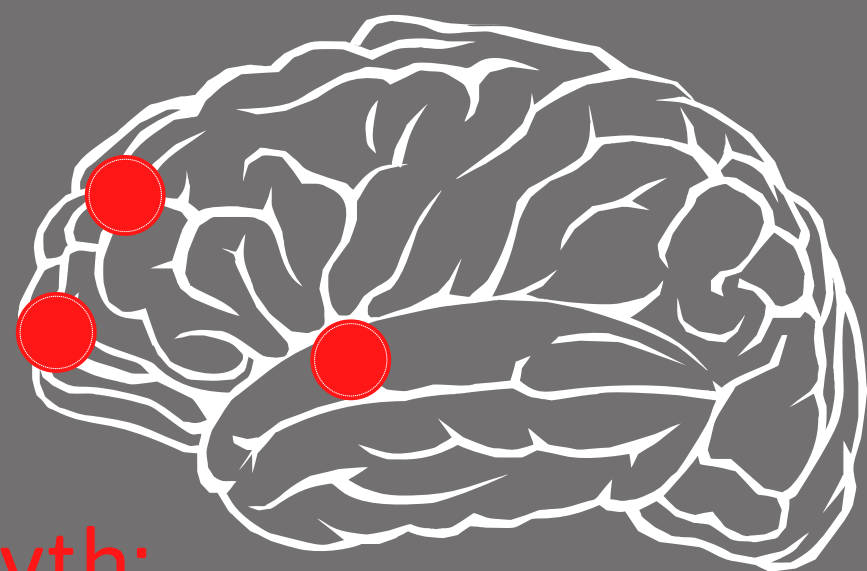


SLEEP AND RISKY BEHAVIOR: WHAT PREDICTS OUR HEALTH?

Intro/Motivation

Sleep predicts risky decision-making (Killgore et al., 2011) and general health (Kim et al., 2019).



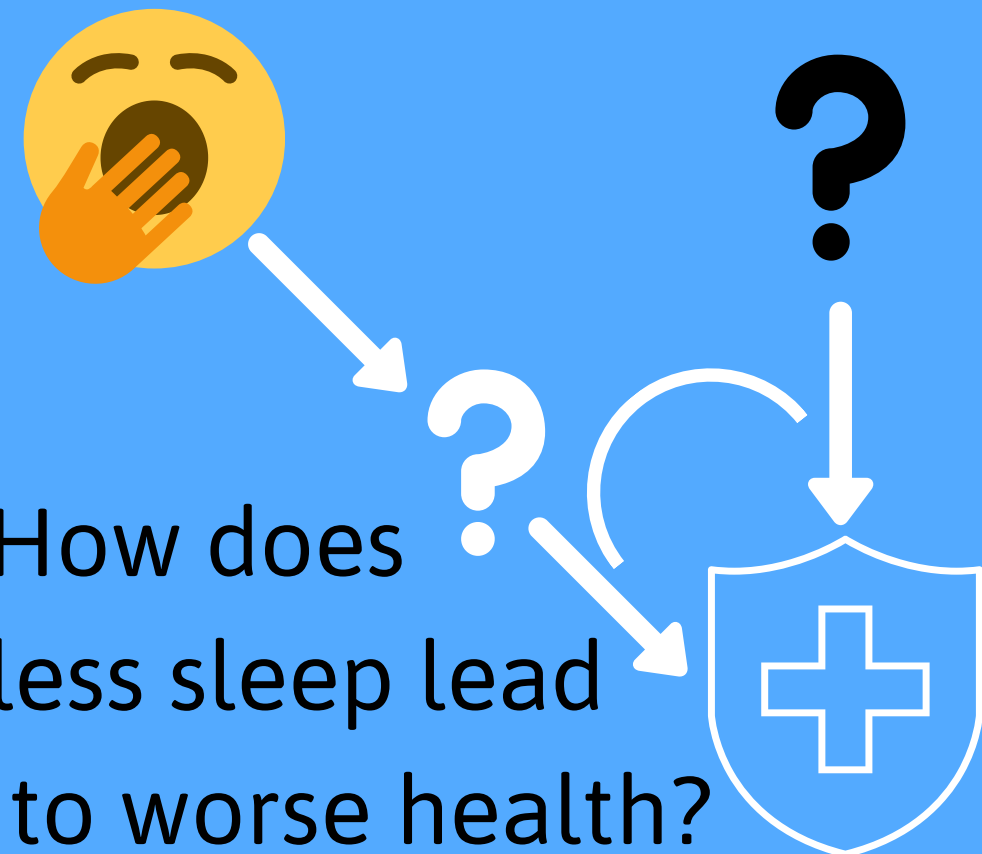
Myth:

- I don't need to sleep to function

Fact:

- Sleep predicts risky decision-making *and* general health

Methods



In the CDC's nationwide dataset with 450,000 participants, questions included...

- alcohol/drug use
- smoking
- HIV-related risk
- seatbelt use
- sleep time
- in general, health

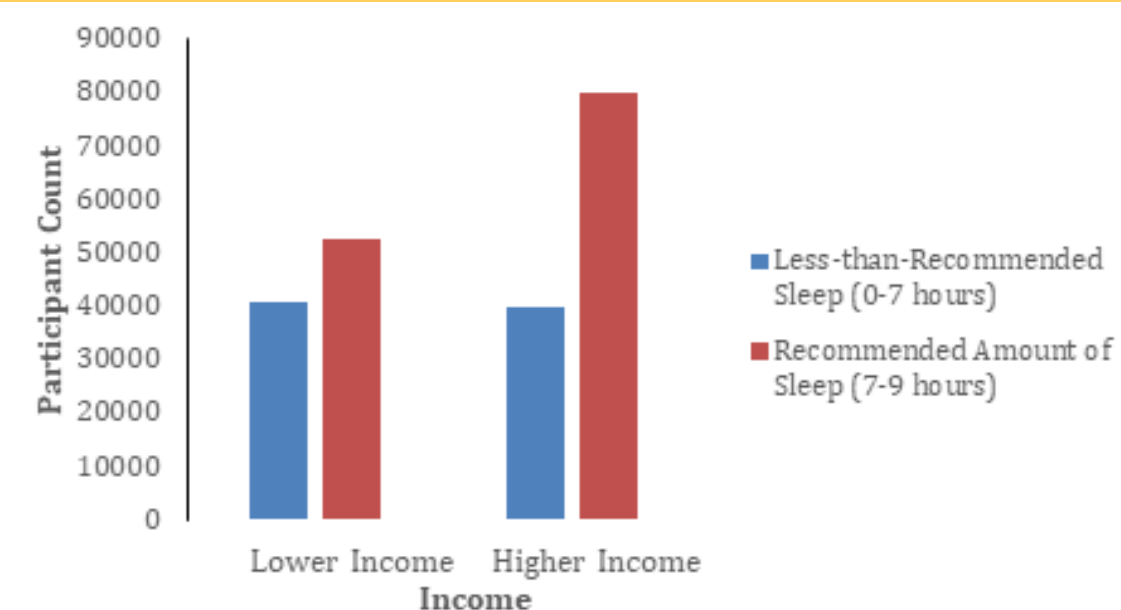
Results

In a hierarchical regression, sleep predicted general health

- ? = Risky Behaviors
- ? = Family Income

In the relationship between sleep and general health

- Family income was a moderator
- Risky decisions was a mediator

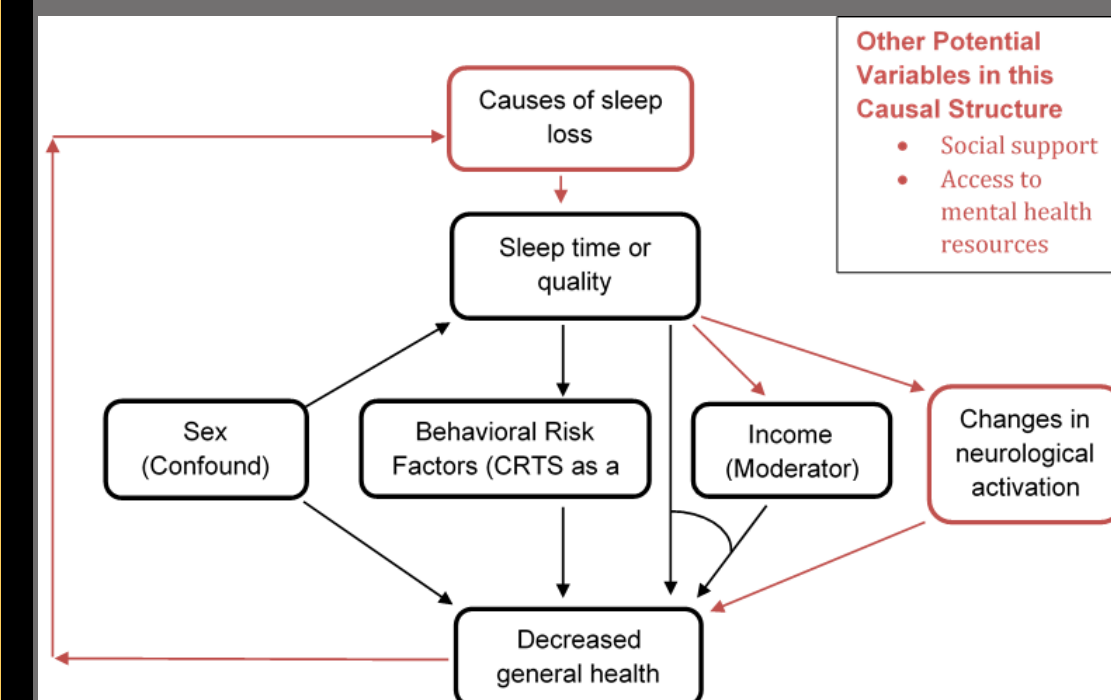


Discussion

Decisions

Context

Lose sleep and your brain makes poor long-term decisions.



Interventions for better health will have to be informed by sleep, income, and risky decision-making.

Alex Melchert