

Wood, L. A., Tomlinson, M. M., Pfeiffer, J. A., Walker, K. L., Keith, R. J., Smith, T., Yeager, R. A., Bhatnagar, A., Kerstiens, S., Gilkey, D., Gao, H., Srivastava, S., & Hart, J. L. (2021). Time spent outdoors and sleep normality: A preliminary investigation. *Population Medicine*, 3. <https://doi.org/10.18332/popmed/132119>

## **Definitions**

- **Sleep Normality:** Having typical, restful sleep without problems.
- **Time Outdoors:** The amount of time spent outside in nature.
- **Logistic Regression:** A statistical method to see the relationship between variables.
- **Odds Ratio (OR):** A measure of association between an exposure and an outcome.
- **Confidence Interval (CI):** A range of values that shows the uncertainty around the measure.

## **Key Findings**

- Spending some time outdoors (up to 12 hours a week) may help improve sleep, but too much time outside does not.
- People with less pain have better sleep.
- Those with more severe depression have worse sleep.

## **Introduction**

This study looks at how spending time outside affects sleep quality. Good sleep is important for health, and being outdoors is linked to health benefits. The research aims to see if more time outside leads to better sleep.

## **Main Content**

### **Background**

Sleep problems can lead to health issues like diabetes and heart disease. Spending time outdoors is good for health and might improve sleep. Previous studies suggest that green spaces help people sleep better, but this study explores if any outdoor time helps.

### **Methods**

The study involved 735 participants aged 25-70 from Louisville, Kentucky. They answered questions about their health, sleep, and time spent outdoors. The researchers used logistic regression to see if time outdoors is linked to normal sleep.

### **Results**

#### **Participant Characteristics**

- Average age: 51 years.
- 51% were female.
- Most were White (78.8%).

### **Time Outdoors and Sleep**

- Spending up to 12 hours a week outside increased the odds of normal sleep.
- Spending more than 12 hours a week outside did not improve sleep.

### **Pain and Sleep**

- Less pain was linked to better sleep.
- People with any level of pain had worse sleep.

### **Depression and Sleep**

- More severe depression was linked to worse sleep.

### **Conclusion**

Spending some time outdoors can help improve sleep, but too much time might not be beneficial. Less pain and lower levels of depression are important for good sleep. Future research should look at different types of outdoor activities and how they affect sleep.

Word Count: 334

This summary was generated July 2024 by ChatGPT4.o and has not been reviewed for accuracy. This summary should not be relied on to guide health-related behavior and should not be reported in news media as established information. Please refer to the original journal publication listed in the hyperlink on the first page to validate representations made here. This summary will be updated once an expert review is complete.