

Throughout this study, the researchers studied the relationship of disposition mindfulness and insomnia on Iranian male prisoners. Throughout this study they found a direct connection between dispositional mindfulness and sleep quality and amount of insomnia decreased as a result. This was shown in the study with, "Results demonstrated direct temporal associations between dispositional mindfulness and insomnia/sleep quality " (Poorebrahim). Also from this study several aspects of mindfulness were highlighted and the benefits they had on the prisoners. "mindfulness-based interventions in improving sleep outcomes and reducing psychological distress among prisoners"(Poorebrahim). This quote shows that the study recognizes that mindfulness helped more than just the sleep in the study of the prisoners. The study talks about the benefits of personal and professional lives that happened due to the use of mindfulness. Overall the study shows how mindfulness can benefit anyone and no matter the circumstances.

I personally believe that the study did a good job in achieving its goal. This can be achieved and helpful in real life by allowing for everyone to benefit from the positive effects of mindfulness. This study helped researchers learn about mindfulness and how it works hand and hand with the human body. The information gained from this study can be translated into my personal life for me to gain the benefits of mindfulness. The study did a good job of highlighting that mindfulness helps both physical and physiological properties of humans. I can use the information gained by this in my personal and professional life to help me have a more consistent sleep and to allow for my body and mind to gain a healthier life. I can also use the information from this study to use as a way to relieve stress that I may encounter in my life that flows through in anything that may occur. Overall the study gave an inside view and provides information that may be relevant in my day to day life.

The article that I chose to read was titled, “How to Strengthen Loving Relationships with Mindfulness”. I chose to read this article due to it following the criteria of this assignment. In this article the three main points that they pursued were the importance of healthy relationships and how these can be increased using mindfulness and strengthening relationships using mindfulness. An example of this from the article is, “ We build the brains of our children through our interaction with them, and we keep our own brains growing and changing throughout life by staying connected to others”(Staff) and "Practice sending them some kind intentions using a loving-kindness meditation and see what comes up"(Staff). Both of these quotes are examples of what the article was discussing and some of the information provided. This information was extremely helpful in seeing how the human mind handles mindfulness and how this can help me increase relationships in all walks of my life. Not only did the article talk about how it works but also gave examples and steps to succeed in this process. All of this information allowed for me to gain a massively better understanding of how mindfulness works and can be applied to allow for my relationships to flourish. Without this article I personally believe that I would not have learned some of the ways that mindfulness is used in our everyday lives. I will use this information gained in my current and future self and use this information to help me allow for my current and future relationships to flourish in ways that I didn't see possible. Overall this information in the article was extremely beneficial to me.

Sources

Poorebrahim, A. (2019, May 29). A Prospective Study Examining the Relationship Between Dispositional Mindfulness and Insomnia Among Male Prisoners in Iran: The Mediating Effect of Psychological Distress and Perceived Stress.
<https://link-springer-com.ezproxy1.lib.asu.edu/article/10.1007/s11192-007-1700-5>

Staff, M. (2024, February 21). *How to strengthen loving relationships with mindfulness*.
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