

Evidence table

Claim	Evidence snippet	Citation	Confidence	Notes
Additionally, depressive symptoms were significantly associated with sleep quality, with a correlation coefficient of = .438 and a p-value of < .001 (aschbrenner2022sleep, aschbrenner2022sleep_chunk_001).	Sleep Quality and its Relationship to Mental Health, Physical Health, and Health Behaviors Among Young Adults with Serious Mental Illness Enrolled in a Lifestyle Intervention Trial Kelly A. Aschbrenne...	(aschbrenner2022sleep, aschbrenner2022sleep_chunk_001)	0.73	Sleep Quality and its Relationship to Mental Health, Physical Health, and Health Behaviors Among Young Adults with Serious Mental Illness Enrolled in a Lifestyle Intervention Trial (2022)
The relationship between sleep quality and mental health outcomes is supported by several quantitative findings from the provided evidence: 1. In a study involving young adults with serious mental il...	outcomes. Health behaviors and socioeconomic characteristics are increasingly recognized as pivotal factors that influence both sleep quality and mental health (Grandner et al., 2015). These factors,...	(maki2025sleep, maki2025sleep_chunk_005)	0.71	Sleep regularity and duration are associated with depression severity in a nationally representative United States sample (2025)
The relationship between sleep quality and mental health outcomes is supported by several quantitative findings from the provided evidence: 1. In a study involving young adults with serious mental il...	associated with the PSQI global sleep quality score. Prior research has shown a bidirectional Aschbrenner et al. Page 4 Early Interv Psychiatry. Author manuscript; available in PMC 2023 March 28. Aut...	(aschbrenner2022sleep, aschbrenner2022sleep_chunk_008)	0.71	Sleep Quality and its Relationship to Mental Health, Physical Health, and Health Behaviors Among Young Adults with Serious Mental Illness Enrolled in a Lifestyle Intervention Trial (2022)
The study also highlighted that those in the 9-hour sleep group had a 12.9% increase in depression incidence compared to the 6-8 hour group, indicating that both insufficient and excessive sleep are detrimental to health (fasokun2026associations, fasokun2026associations_chunk_030).	of depression and poorer general health compared to the reference group. Though traditionally underexplored, prolonged sleep has increasingly been implicated in poor health outcomes, potentially ref...	(fasokun2026associations, fasokun2026associations_chunk_030)	0.70	Associations between sleep duration and depression, mental health, physical health, and general health in U.S. adults: A population-based study (2026)
Specifically, individuals in the short and long sleep categories exhibited a higher incidence of depression and reported more days of poor mental and physical health (fasokun2026associations, fasokun2026associations_chunk_034).	Lastly, the BRFSS sleep module was administered only in selected years, potentially affecting temporal trend analysis despite our efforts to stratify by survey year. Future research should employ lon...	(fasokun2026associations, fasokun2026associations_chunk_034)	0.70	Associations between sleep duration and depression, mental health, physical health, and general health in U.S. adults: A population-based study (2026)