

Evidence table

Claim	Evidence snippet	Citation	Confidence	Notes
Insomnia significantly affects sleep quality and duration, leading to various negative outcomes. Individuals with insomnia often experience increased total wake time (TWT) and decreased subjective sle...	in the U.S. national comorbidity survey. <i>Depress Anxiety.</i> 2005;21(4):193-202. doi:10.1002/da.20072 7. Goldstein AN, Walker MP. The role of sleep in emotional brain function. <i>Annu Rev Clin Psychol.</i> 201...	(wang2025association, wang2025association_chunk_028)	0.65	Association Between Sleep Duration and Anxiety in US Adults: A Nationally Representative Cross-Sectional Study (2025)
In a study comparing cognitive behavioral therapy for insomnia (CBT-I) with other treatments, it was found that both CBT-I groups improved on TWT ($p = .03$), indicating that insomnia can lead to prolonged wakefulness during the night (carney2017cognitive, carney2017cognitive_chunk_001).	1 pii: zsx019■ http://dx.doi.org/10.1093/sleep/zsx019 Cognitive Behavioral Insomnia Therapy and DepressionCarney et al. <i>SLEEP</i> , Vol. 40, No. 4, 2017 ORIGINAL ARTICLE Cognitive Behavioral Insomnia Thera...	(carney2017cognitive, carney2017cognitive_chunk_001)	0.64	Cognitive Behavioral Insomnia Therapy for Those With Insomnia and Depression: A Randomized Controlled Clinical Trial (2017)
Insomnia significantly affects sleep quality and duration, leading to various negative outcomes. Individuals with insomnia often experience increased total wake time (TWT) and decreased subjective sle...	ort. <i>Hypertension.</i> 2012; 60(4): 929-935. 73. Vgontzas AN, Liao D, Pejovic S, et al. Insomnia with short sleep duration and mortality: the Penn State cohort. <i>Sleep.</i> 2010; 33(9): 1159-1164. 13 <i>Cognitive B...</i>	(carney2017cognitive, carney2017cognitive_chunk_045)	0.63	Cognitive Behavioral Insomnia Therapy for Those With Insomnia and Depression: A Randomized Controlled Clinical Trial (2017)
Moreover, insomnia is associated with a bi-directional relationship with depression, where short sleep duration can increase daytime fatigue, potentially promoting the onset of depression (li2023relationship, li2023relationship_chunk_019).). Short sleep may increase daytime physical or psychological fatigue (Shen et al., 2006), promoting the onset of depression, which leads to biological cycle rhythm disorder or causes endocrine hormon...	(li2023relationship, li2023relationship_chunk_019)	0.62	Relationship between night-sleep duration and risk for depression in middle-aged and older adults (2023)
Insomnia significantly affects sleep quality and duration, leading to various negative outcomes. Individuals with insomnia often experience increased total wake time (TWT) and decreased subjective sle...). Association between depression and insomnia subtypes: A longitudinal study on the elderly in Japan. <i>Sleep</i> 33 (12), 1693-1702. doi:10.1093/sleep/33.12.1693 Zhai, L., Zhang, H., and Zhang, D. (2015). ...	(li2023relationship, li2023relationship_chunk_034)	0.61	Relationship between night-sleep duration and risk for depression in middle-aged and older adults (2023)