

Sleep health, insomnia and mental health in the life-span.

Sleep health is defined through distinct, but related, dimensions of sleep-wake pattern, including: satisfaction with sleep; alertness; sleep timing; sleep efficiency; sleep duration; and in paediatric populations pre-sleep behaviours. Poor sleep health enhances vulnerability for psychological symptoms, and attention to specific populations in which sleep may be challenged from diverse psychophysiological factors should be increased. Insomnia is the most frequent sleep disorder, which mainly reflects impairment in the sleep health dimensions of satisfaction and efficiency. Meta-analyses of longitudinal studies linked insomnia to higher risk for several mental disorders. Stable and dynamic aspects of emotional regulatory processes may be impaired in patients with insomnia compared to good sleepers, and may play an important role in the strict association between the disorder and psychopathology. These results are reflected also in advances in clinical research.