ABSTRACT
We hypothesized that higher trait mindfulness among emerging adults with poor sleep would predict increased sleep quality and that this relationship would be explained by decreased depressive symptoms and anxiety. 283 emerging adults attending a Midwestern university completed an online survey of demographics, mindfulness, anxiety symptoms, depressive symptoms, and sleep quality. Mediation analysis showed that mindfulness was significantly associated with increased sleep quality and that this relationship was co-mediated by anxiety and depressive symptoms. Results suggest that mindfulness may be an effective tool for increasing sleep quality in emerging adults.

INTRODUCTION
• Sleep quality of emerging adults tends to be poor.
• Irregular sleeping schedules
• Later bedtimes and wake times on the weekends.
• About 30% of emerging adults achieve eight hours of sleep per night.
• Mindfulness is the acceptance of difficult experiences, including thoughts and emotions, without judgment or automatically reacting.
• People high in trait mindfulness report:
  • Increased sleep quality
  • Lower pre-sleep arousal
  • Lower daytime sleepiness
  • Fewer depressive and anxiety symptoms
• Depressive and anxiety symptoms may act as mediators of the relationship between mindfulness and sleep quality.
• Mindfulness may be associated with a reduction in distress related to depressive symptoms and anxiety.
• Reductions in distress may be associated with reduced physiological arousal, which would contribute to increased sleep quality.

AIMS AND HYPOTHESIS
• This study aimed to examine the relationship between trait mindfulness, depressive symptoms, anxiety, and sleep quality in emerging adults.
• It was hypothesized that higher levels of trait mindfulness would be indirectly related to better sleep quality through depressive symptoms and anxiety.
• Specifically, greater mindfulness would be associated with lower depressive and anxiety symptoms, which would in turn be associated with better sleep quality.

PARTICIPANTS (N = 283)

<table>
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<th>Measure</th>
<th>Mean</th>
<th>SD</th>
<th>Actual Range</th>
<th>Potential Range</th>
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<td>0-21</td>
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ANALYSIS PLAN
• Mediation Analysis Using PROCESS
• Significance of Indirect Effects
• Measures Included:
  • Potential Confidence Intervals

RESULTS

DISCUSSION
• Mindfulness may be associated with reduced rumination and worry, which are both associated with poorer sleep.
• Individuals who are more mindful in general are able to let go of negative thoughts or sensations when trying to fall asleep. This may be associated with an ability to achieve more restful sleep and avoid waking throughout the night.
• Mindful individuals may be more aware of their sleep patterns. Individuals who are mindful tend to pay more attention to internal and external experiences and thus may be more likely to notice when they are feeling tired. This may promote engaging in healthy sleep hygiene, such as going to bed at the same time each night and getting an appropriate number of hours of sleep.
• Modifying mindfulness-based cognitive therapy (MBCT) to target sleep may be indicated for emerging adults with poor sleep, as MBCT has been effective with depression and anxiety, and may work on these symptoms in order to indirectly improve sleep for emerging adults.