

Study: Lack of Sleep + Spat with Spouse = Potential Health Problems

Researchers find that inflammation markers rise in tired couples who fight

The Ohio State University Wexner Medical Center

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NEWS PACKAGE



SUGGESTED TEASE	STILL TO COME, IT'S NOT UNCOMMON TO PICK A FIGHT WITH YOUR SPOUSE WHEN YOU HAVEN'T HAD ENOUGH SLEEP. BUT A NEW STUDY SAYS IT MAY TAKE A BIGGER TOLL ON YOUR HEALTH THAN YOU REALIZE. DETAILS NEXT IN HEALTH NEWS.
ANCHOR LEAD	LACK OF SLEEP MAKES YOU CRANKY, AND IT CAN CERTAINLY LEAD TO A SPAT WITH YOUR SPOUSE FROM TIME TO TIME - BUT IF IT HAPPENS TOO MUCH, IT COULD TAKE A TOLL ON YOUR HEALTH. A NEW STUDY SHOWS OUR BODIES PAY THE PRICE WHENEVER WE DON'T GET ENOUGH SLEEP AND DON'T GET ALONG. CLARK POWELL HAS MORE.
(PACKAGE START) -----	(Nats - Couple talking) :02
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of couple having argument in kitchen	SCOTT AND DANA GRIFFITH HAVE BEEN MARRIED FOR 20 YEARS - AND LIKE EVERY OTHER COUPLE - HAVE HAD THEIR SHARE OF DISAGREEMENTS - OCCASIONALLY LOSING TEMPERS AND HOLDING GRUDGES. :08
CG: Scott Griffith Married 20 years Shots of couple arguing	<i>"If I'm crabby from not sleeping or I'm tired, then that would definitely help trigger, you know, a snappage."</i> :07
Shots of experiment	BUT ARGUING WITH A SPOUSE MAY DO MORE THAN PUT YOU IN A BAD MOOD - A NEW STUDY SHOWS IT COULD PUT YOUR HEALTH AT RISK. TO SEE WHAT KIND OF <i>PHYSICAL</i> IMPACT <i>EMOTIONAL</i> CONFRONTATIONS MIGHT HAVE, RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER SET UP AN EXPERIMENT. :14
CG: Stephanie Wilson, PhD Ohio State Wexner Medical Center	<i>"We brought couples into the lab and had them discuss a marital problem - to fight - and they also provided blood samples before and after the conflict."</i> :10

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<p>Shot of researchers going into lab</p>	<p>IN THE LAB, RESEARCHERS TESTED THOSE BLOOD SAMPLES FOR SIGNS OF INFLAMMATION - TO SEE IF THERE WERE ANY CHANGES BEFORE AND AFTER THE ARGUMENT.</p>
<p>Shot of researchers with blood</p>	<p>IN COUPLES WHO ARGUED ON LOST SLEEP, THERE WERE SURPRISING RESULTS. :12</p>
<p>Stephanie Wilson (CG'd earlier)</p>	<p><i>"When both of those factors came into play we saw about a ten percent increase in inflammation."</i> :05</p>
<p>Shots of man getting blood draw</p>	<p>ONE FIGHT AFTER A SLEEPLESS NIGHT ISN'T LIKELY TO CAUSE MAJOR HEALTH PROBLEMS - BUT IF IT'S A PATTERN, LONG-TERM INFLAMMATION <u>IS</u> LINKED TO SERIOUS CONDITIONS. :08</p>
<p>CG: Janice Kiecolt-Glaser, PhD Ohio State Wexner Medical Center</p>	<p><i>"They range from things like cardiovascular disease, which is the number one killer, arthritis, osteoporosis, type two diabetes."</i> :09</p>
<p>Shot of researchers looking at data</p>	<p>THE GOOD NEWS IS, COUPLES WHO RESOLVED CONFLICTS CALMLY AND EFFECTIVELY SAW <u>NO</u> INCREASE IN INFLAMMATION. GIVING CREDENCE TO THE AGE-OLD NOTION THAT COUPLES SHOULD NEVER GO TO BED ANGRY. :10</p>
<p>Shot of couple going to bed</p>	<p><i>"It's really important for couples to find good ways to process a relationship, and to think about how they disagree."</i> :08</p>
<p>Dr. Kiecolt-Glaser (CG'd earlier)</p>	<p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03</p>
<p>Shot of couple in bed, turning off light (PACKAGE END) -----</p>	<hr/> <p>RESEARCHERS SAY COUPLES WHO GOT AT LEAST SEVEN HOURS OF SLEEP THE NIGHT BEFORE AN ARGUMENT, HAD LOWER LEVELS OF INFLAMMATION.</p>
<p>ANCHOR TAG</p>	<p>ANYTHING LESS THAN SEVEN HOURS, AND INFLAMMATION LEVELS WENT UP.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>A study @OSUWexMed shows couples who don't get enough sleep and argue have higher rates of inflammation. http://bit.ly/2tkbvpW</p>
<p> Suggested post:</p>	<hr/> <p>Researchers at The Ohio State University Wexner Medical Center took blood samples from couples before and after an argument. They found that if an argument occurred on little sleep, it may do more than put you in a bad mood, it may put your health at risk. Details: http://bit.ly/2tkbvpW</p>

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EXTRA BITES

<p>CG: Stephanie Wilson, PhD Ohio State Wexner Medical Center</p>	<p>Wilson explains the findings of the study: <i>“What we found is that people who slept less in the past few nights, didn’t necessarily wake up with higher inflammation but they had greater inflammatory responses to conflict.”</i></p> <p>Wilson says if at least one partner is well-rested, it helps both: <i>“Couples were more hostile to each other only if both had slept less than the recommended amount, that is 7 hours per night. So, if one partner was well rested, there was a protective effect. They helped to neutralize the disagreement.”</i></p> <p>Wilson describes the inflammation markers that were tested: <i>“When both of those factors came into play we saw about a ten percent increase in inflammation. Those were IL-6 and TNF Alpha - these are typical inflammatory markers that we look at.”</i></p> <p>Wilson says the conditions for the experiment are common: <i>“Interpersonal tensions and disagreements are also very common in daily life. So, the fact that people are experiencing both of these together sort of introduces a risk that we didn’t pinpoint before.”</i></p> <hr/>
<p>CG: Janice Kiecolt-Glaser, PhD Ohio State Wexner Medical Center</p>	<p>Kiecolt-Glaser says long-term inflammation is a risk: <i>“What we worry about in a study like this, is having relatively modest changes in inflammation, but persistent over time.”</i></p> <p>Kiecolt-Glaser says sleep patterns are similar in couples: <i>“None of us feel that good when we don’t have enough sleep. And part of the issue in a marriage is that people’s sleep patterns often track together.”</i></p> <p>Kiecolt-Glaser says failing to resolve conflict over time is risky: <i>“That would be one of the ways where, with continual disagreements, we could really see a heightening of inflammation.”</i></p> <hr/>
<p>CG: Dana Griffith Married 20 years</p>	<p>Dana says they always try to get enough sleep: <i>“We have a full day ahead of us, and we know that if we don’t get out sleep, it’s going to be a rough day.”</i></p> <p>Dana describes how their arguments escalate: <i>“I think our arguments are mostly, I snap. And then he kind of bites back with humor.”</i></p> <hr/>

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CG: Scott Griffith
Married 20 years

Scott says they stick to a routine to get plenty of sleep:
"We have a pretty good routine during the week of, you know, 10-o'clock hits, shut the T.V. off, take the dog outside, go upstairs and get ready for bed."

References

¹*Shortened sleep fuels inflammatory responses to marital conflict: Emotion regulation matters, Psychoneuroendocrinology, Volume 79, May 2017.* Online:
<http://www.sciencedirect.com/science/article/pii/S0306453016305169>

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