

# People at risk of hoarding disorder may have serious complaints about sleep

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A new study suggests that those at risk of hoarding disorder may have serious complaints about sleep.

Results show that participants at risk of [hoarding disorder](#) scored significantly higher on the Sleep Habits Survey (SH) and on three subscales of the Pittsburgh Sleep Quality Index (PSQI), including [sleep latency](#); [sleep disturbances](#) and daytime disturbances.

"Hoarders typically have problems with decision making and executive function; [poor sleep](#) is known to compromise cognition generally, so if hoarders have cluttered/unusable bedrooms (and less comfortable, functional beds), any existing risk for cognitive dysfunction, depression and stress may increase as [sleep quality](#) worsens," said lead author Pamela Thacher, assistant professor of psychology at St. Lawrence University in Canton, N.Y.

The research abstract was published recently in an online supplement of the journal *Sleep* and will be presented Monday, June 8, in Seattle, Washington, at SLEEP 2015, the 29th annual meeting of the Associated Professional Sleep Societies LLC.

The study group comprised a sample of respondents from Amazon's Mechanical Turk website. Their advertisement asked for those interested in hoarding, sleep, or clutter, whether or not they had problems with these areas. Questionnaires included: Demographics; PSQI; Clutter and Hoarding Rating Scale (CHRS) and SH.

The study was the focus of Thacher's honor student last year, second author, Alexis Reinheimer, a psychology major at St. Lawrence University in Canton, N.Y.

Abstract Title: Sleep Quality and Sleep Disturbance in Those at Risk for Hoarding Disorder  
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Provided by American Academy of Sleep Medicine

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