risk-taking under conditions of potential reward (B = -.14, p = .04) in a curvilinear fashion. Misalignment did not predict decision-making in the framing and strategic reasoning tasks.
Conclusion: Findings suggest that naturally occurring degrees of misalignment between the timing of sleep and the circadian rhythm may impact risky decision-making, further extending accumulating evidence that sleep/circadian factors are tied to risk-taking preferences. Future studies will need to replicate findings and experimentally probe whether manipulating alignment influences risky decision making.
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085

EFFORT EXERTION AND GOOD SLEEP INTERACTIVELY INCREASE THE SUBJECTIVE VALUE OF THE FUTURE

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Introduction: The present study examined how habitual variation in sleep quality shapes reward responsivity following effort exertion. Behavioural and neuroscientific theory and research suggest that expending effort leads to compensatory increases in reward responsivity. Converging evidence links the preference for larger-but-delayed rewards to increases in reward sensitivity in psychophysiological, psychopharmacological, and animal studies. Accordingly, we hypothesized that exerting mental effort would increase the preference for larger-but-delayed rewards (i.e., the subjective value of the future) insofar as these preferences reflect elevated reward responsivity. Furthermore, given that sleep shapes perceptions of effort and preferences for larger-but-delayed rewards, we hypothesized that this finding would be moderated by habitual variation in sleep quality, with the strongest effects apparent among participants reporting habitually good sleep.
Methods: To test these hypotheses, we recruited 79 participants to complete a 10-minute effortful (vs. control) writing task followed by a delay discounting task and the Pittsburgh Sleep Quality Index.
Results: As hypothesized, the effortful writing task (vs. control) participants demonstrated a greater preference for larger-but-delayed rewards (vs. smaller-but-immediate rewards). This effect was moderated by sleep quality with those high but not low in sleep quality showing the hypothesized effect.
Conclusion: Ultimately, we found that exerting mental effort increases the subjective value of the future, particularly among participants who habitually report good sleep. These results suggest that good sleep quality helps us contend with the effortful demands of daily life in a way that promotes long-term goal pursuit.
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086

SLEEP MIDPOINT AFTER JOB LOSS PREDICTS BREAKFAST SKIPPING PATTERNS

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Introduction: Few studies have examined circadian phase after job loss, an event that upends daily routine. It is common that a daily routine begins with the consumption of breakfast, and breakfast behavior may contribute to health status in adults. Therefore, we sought to examine whether a later midpoint of sleep was associated with breakfast skipping among adults whose schedules were no longer dictated by employment.
Methods: Data were obtained from the Assessing Daily Activity Patterns Through Occupational Transitions (ADAPT) study. The sample of 155 participants had involuntarily lost their jobs in the last 90 days. Both cross-sectional and 18-month longitudinal analyses assessed the relationship between sleep midpoint after job loss and current and later breakfast skipping. Assessment periods were 14 days. Sleep was measured via actigraphy, and breakfast skipping was measured via daily diary (1 = had breakfast; 0 = did not have breakfast). The midpoint of sleep was calculated as the circular center based on actigraphy sleep onset and offset times.
Results: The midpoint of sleep at baseline was negatively associated with breakfast consumption at baseline (B = -.09, SE = .02, p = .000). Also, a later midpoint was associated with breakfast skipping over the next 18 months (estimate = -.08; SE = .02; p = .000). Prospective findings remained significant when adjusting for gender, ethnicity, age, perceived stress, body mass index (BMI), education, and reemployment over time. Education (estimate = 14.26, SE = 6.23, p < .05) and BMI (estimate = -.51, SE = .25, p < .05) were the only significant covariates. No other sleep indices predicted breakfast behavior cross-sectionally or prospectively.
Conclusion: Consistent with research in adolescents, unemployed adults with a later circadian phase are more likely to skip breakfast more often. Breakfast skipping was also associated with higher BMI. Taken together, these findings provide support for the future testing of sleep/wake scheduling interventions to modify breakfast skipping and potentially mitigate weight gain after job loss.
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087

GENDER DIFFERENCES IN ATTITUDES TOWARDS SLEEP MODERATE SLEEP HYGIENE BEHAVIORS

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Introduction: Attitudes towards sleep have been shown to be a predictor for sleep hygiene. Sleep hygiene is the set of behaviors and conditions that promote optimal sleep, such as avoiding arousing nighttime activities, avoiding eating too close before bed, having a dark and quiet bedroom, and having a regular sleep schedule. Previous literature indicates that there are gender differences in health attitudes. This study examined whether gender differences in sleep attitudes may explain differences in sleep hygiene.
Methods: A sample of 172 (101 males, 71 females) individuals completed surveys through Amazon's Mechanical Turk. Sleep attitudes were assessed using the Charlotte Attitudes Towards Sleep Scale (CATS; Peach & Gaultney, 2017). Sleep hygiene was measured using the Sleep Hygiene Practice Scale (SHPS; Lin et al; 2007; Yang et al., 2010). Males were dummy coded as 0. Other data were collected surrounding sleep outcomes, health behaviors, and demographics. Linear regression analyses were ran to examine the impact of Sleep attitudes, gender, and an interaction term on each subscale of the SHPS.
Results: Sleep attitudes significantly predicted each of the components of the SHPS: arousal, eating, environment, and time (b = -3.44, -2.93, -3.80, -3.04; p<.01 for each). Gender significantly predicted sleep hygiene behaviors for eating (b = -10.35, p<.05) and environment (b = -15.40, p<.05) only. The interaction term also significantly predicted sleep hygiene eating behaviors (b = 1.70 p<.05) and environmental conditions (b = 2.91, p<.05). These findings suggest that more favorable sleep attitudes lead to better sleep hygiene behaviors, and