Psychophysiological Network Signatures of Habitual Good and Bad Sleep

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How do we know whether the person is enjoying a good night's sleep or suffering from severe insomnia, lying wide awake in bed unable to fall asleep despite trying hard? From the appearance, it would be impossible to judge. What if we measure the person's brain activity? The answer might surprise many: The state of science suggests that there is very little correspondence between people's reported sleep quality and their neurophysiological measures during the night (see Rosipal *et al.*, 2013; Kaplan *et al.*, 2017; Gabryelska *et al.*, 2019). It is in fact not uncommon to find people who report to stay awake all night even though their brain waves show signatures of perfectly sound sleep.

It has been increasingly recognized that in order to understand subjective experiences, we should not focus only on the brain but also study the interactions between the brain and the body. Through a series of research works documented in *Psychophysiological Network Signatures of Habitual Good and Bad Sleep*, the author examines characteristics at the mind–body interface that distinguish habitual good sleepers from people experiencing chronic insomnia. The resultant novel findings represent promising first steps towards demystifying subjective sleep quality from an integrative brain–body perspective.

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