

## **The Diurnal Rhythms of Subjective Well-being and Health in Rural China**

Humans are a diurnal species with the timing of social activities having important consequences for our well-being. For example, night work is associated with much higher risks of early death. However, existing research on subjective well-being tends to disregard the diurnal variation in affect. This talk examines the diurnal patterning of subjective well-being and the associations with health. Longitudinal data from 1,959 adults living in rural districts in China were analysed. Subjective well-being varied considerably over the day and the diurnal variation corresponded strongly with social activities. Bedtime reports of negative affect was a stronger predictor of poorer health than negative affect reported at other times of the day. The deleterious influence of bedtime negative affect on health seemed to operate through poor sleep quality. It is important to consider the diurnal timing of subjective well-being in future research on the topic.