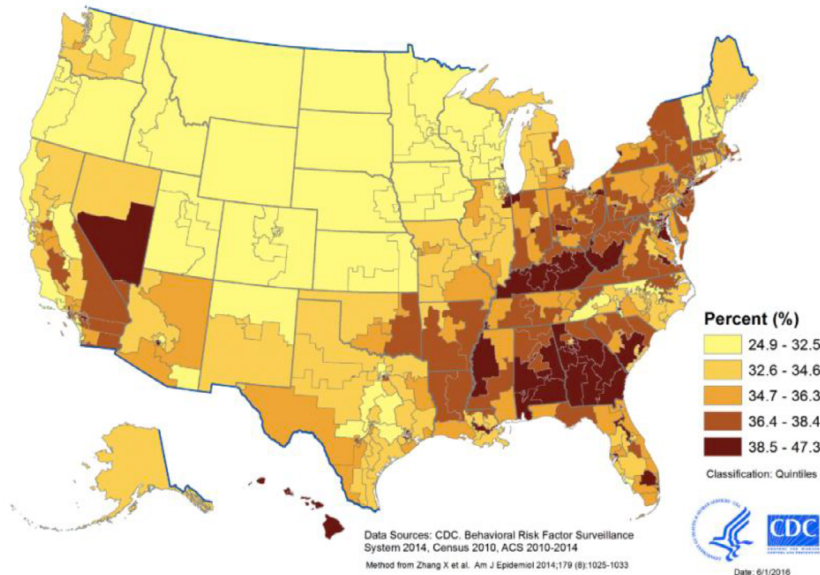# Sleep As A Social Justice Issue

GROUP #1

1 in 3 US Adults are Sleepless in America

Figure 3. Prevalence of Short Sleep Duration (<7 hours) for Adults Aged ≥ 18 Years, by Congressional District, United States, 2014

Percent (%)
- 24.9 - 32.5
- 32.6 - 34.6
- 34.7 - 36.3
- 36.4 - 38.4
- 38.5 - 47.3

Classification: Quintiles

Data Sources: CDC. Behavioral Risk Factor Surveillance System 2014, Census 2010, ACS 2010-2014
Method from Zhang X et al. Am J Epidemiol 2014;179 (8):1025-1033

Date: 6/1/2016

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I² Analysis:

1. Identify ("What I See") Comments
- Identify any changes, trends, or differences you see in the graph
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- Be concise in your comments. These should just be what you can observe.
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2. Interpret ("What it Means" Comments)
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3. Caption
- Write a caption for the graph or figure
- Start with a topic sentence that describes what the graph shows. Then, join each "What I see" comment with its "What it means" comment to make sentences to build a paragraph.

Caption: _____

_____

_____

Additional Questions

1) Which areas of the country are the most sleepless?_____

_____
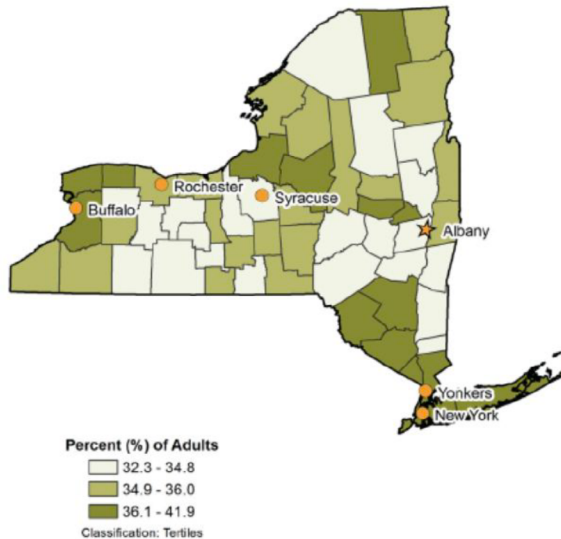
2) Which areas of the country are the most rested? _____

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?

_____

_____

Sleep As A Social Justice Issue

GROUP #2

Almost 4 in 10 Adults are Sleepless in New York

In 2014, 38.1% of New York adults reported sleeping less than 7 hours per night.

Percent (%) of Adults
- 32.3 - 34.8
- 34.9 - 36.0
- 36.1 - 41.9
Classification: Tertiles

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Caption: _____

_____

_____

Additional Questions

1) Which areas of New York are the most sleepless?_____

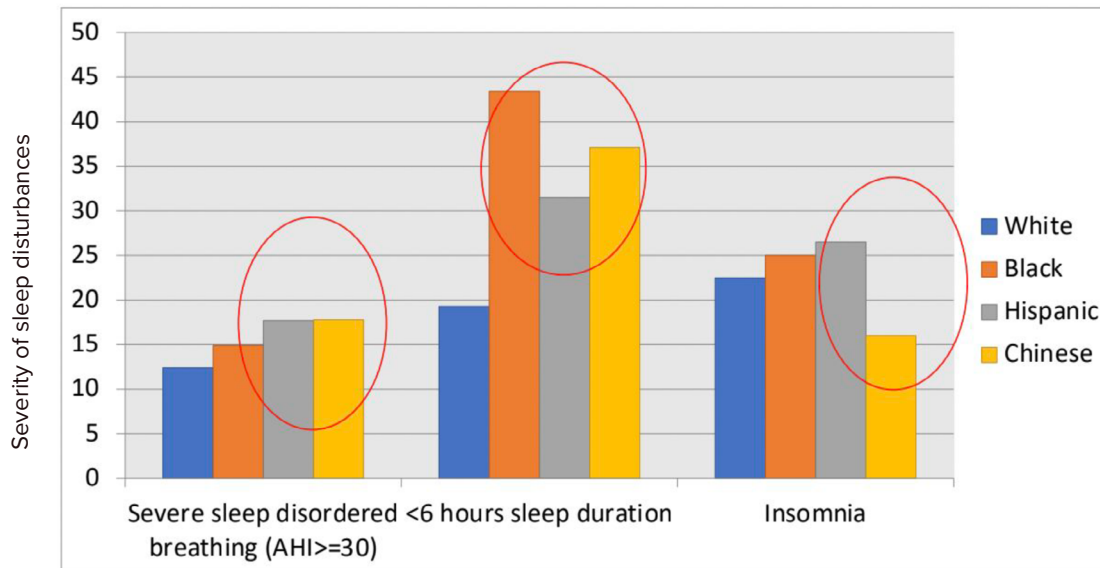_____

2) Which areas of New York are the most rested? _____

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?

_____

_____

Sleep As A Social Justice Issue

GROUP #3

Racial/Ethnic Differences in Sleep Disturbances

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I² Analysis:

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- Write a caption for the graph or figure
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Caption: _____

_____

_____

Additional Questions

1) According to the graph, which racial/ethnic groups are the most sleep deprived (<6 hours)?

_____

2) According to the graph, which racial/ethnic groups have the most problems with sleep disordered breathing and insomnia?

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?

_____

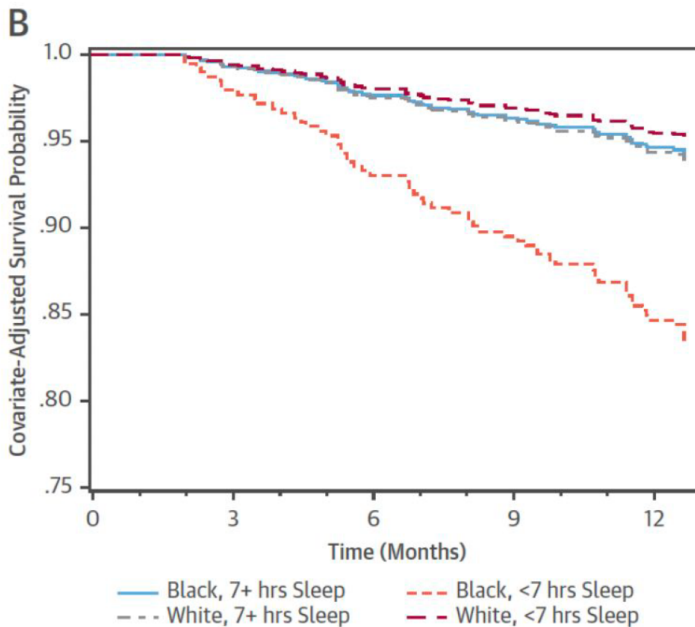# Sleep As A Social Justice Issue

GROUP #4

09/23/2020

Black patients who slept less than 7 hours had highest risk of MACE (i.e., death, heart attack, unstable angina) compared to all other groups.

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B

Legend:
— Black, 7+ hrs Sleep
- - - Black, <7 hrs Sleep
– - – White, 7+ hrs Sleep
- - - White, <7 hrs Sleep

Source: McGlinchey, et al., 2018, *Journal of the American College of Cardiology*

I^2 Analysis:

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Caption: _____

_____

_____

Additional Questions

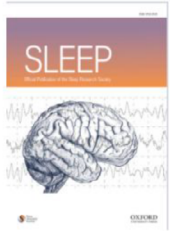1) In the study, which group had the LOWEST survival probability after 3 months?

_____

2) Which group had the highest survival probability after 12 months?

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?
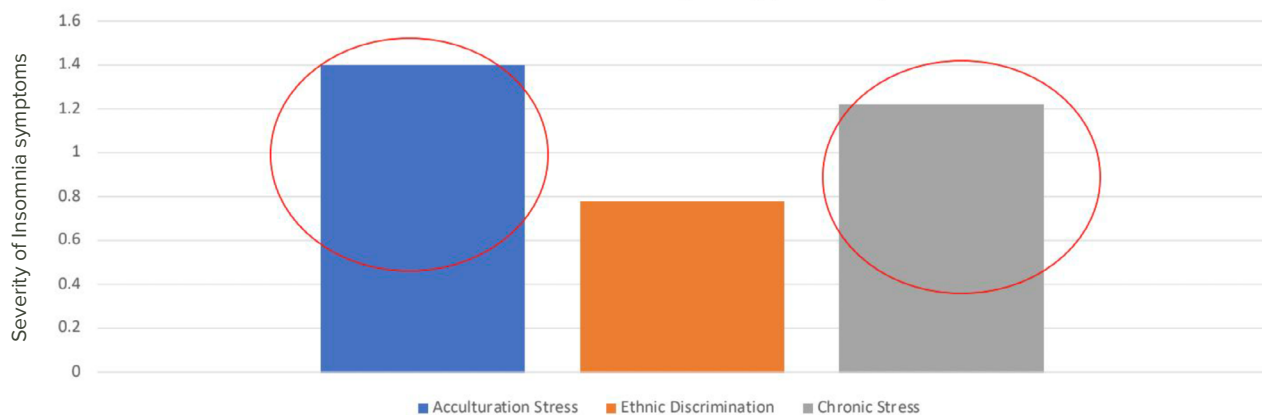
_____

Sleep As A Social Justice Issue

GROUP #5

Sociocultural and psychosocial stressors and Insomnia Symptoms: HCHS/SOL Sueño & Sociocultural Ancillary Study (N = 1192)

■ Acculturation Stress   ■ Ethnic Discrimination   ■ Chronic Stress

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18

I² Analysis:

1. Identify ("What I See") Comments
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Caption: _____

_____

_____

Additional Questions

1) Which of the variables studied caused the biggest increase in Insomnia Symptoms?

_____

2) What are some possible reasons for this pattern? _____

_____

3) How does this relate to social justice?

_____

_____

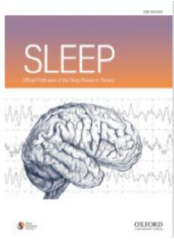# Sleep As A Social Justice Issue

GROUP #6

Figure. Effect of Acculturation Stress on Insomnia Symptom Severity by Employment Status
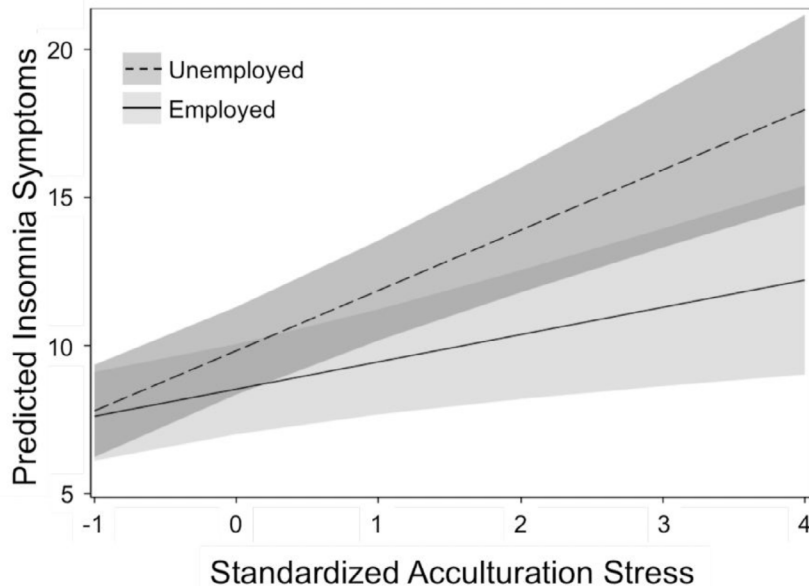

Figure Legend: Effect of acculturation stress (continuous) on ISI (continuous) in analyses weighted for sampling weights and adjusted for age, sex, site and ethnicity with an employment term (dichotomous), an acculturation stress term and an acculturation stress X employment term (interaction).

Source: Alcantara et al., 2019, SLEEP

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I² Analysis:

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Caption: _____

_____

_____

Additional Questions

1) What happens to Insomnia Symptoms when Acculturation Stress goes up?
_____

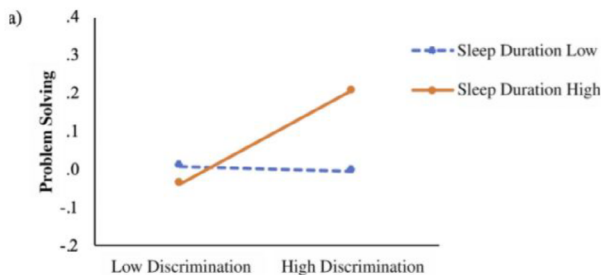2) How does employment status affect this pattern?

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?
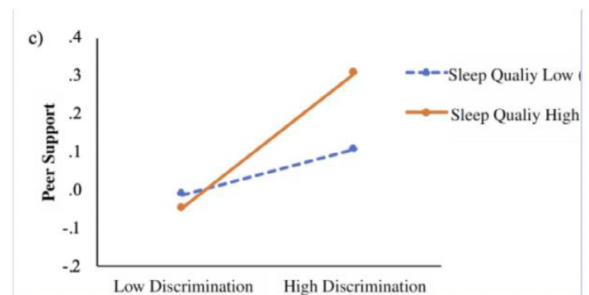
_____

_____

Sleep As A Social Justice Issue

GROUP #7

Sleep Promotes Healthy Coping in Face of Stress

Greater Problem Solving

Greater Peer Support

Source: Wang & Yip, 2019, *Child Development*

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Caption: _____

_____

_____

Additional Questions

1) What happens to problem solving skills and peer support in high discrimination situations when children are well-rested?

_____

2) What happens to problem solving skills and peer support in high discrimination situations when children are not well rested?

_____

3) What are some possible reasons for this pattern? How does this relate to social justice?

_____