



For Immediate Release
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National Sleep Foundation Highlights New Evidence for Sleep Health Disparities

Washington, D.C. (September 24, 2020): The latest issue of the National Sleep Foundation's (NSF) [*Sleep Health*](#) Journal features a collection of new research studies that add to the evidence base for racial, ethnic, and socioeconomic disparities in sleep health.

"The mission of *Sleep Health* is to explore sleep's role in population health and elucidate the social science perspective on sleep and health. Sources and consequences of sleep disparities are central to this mission, and multiple new manuscripts in the latest issue illuminate a broad range of factors that can contribute to sleep disparities," said Orfeu Buxton, PhD, Editor-in-Chief of *Sleep Health* and professor of Biobehavioral Health at Pennsylvania State University.

The August 2020 issue (Vol. 6, Issue 4) includes seven studies in which social factors were shown to be associated with sleep health disparities:

[*Police stops and sleep behaviors among at-risk youth*](#) (Dylan B. Jackson, PhD, Alexander Testa, PhD, Michael G. Vaughn, PhD, and Daniel C. Semenza, PhD)

[*Racial differences in sleep duration intersect with sex, socioeconomic status, and U.S. geographic region: The REGARDS study*](#) (Megan E. Petrov, PhD, D. Leann Long, PhD, Michael A. Grandner, PhD, Leslie A. MacDonald, ScD, Matthew R. Cribbet, PhD, Rebecca Robbins, PhD, Jenny M. Cundiff, PhD, Jennifer R. Molano, MD, Coles M. Hoffmann, MA, PhD, Xuewen Wang, PhD, George Howard, DrPH, and Virginia J. Howard, PhD)

[*Hispanic/Latino heritage group disparities in sleep and the sleep-cardiovascular health relationship by housing tenure status in the United States*](#) (Symielle A. Gaston, PhD, MPH, Selena Nguyen-Rodriguez, PhD, MPH, Allison E. Aiello, PhD, MS, John McGrath, MA, W. Braxton Jackson, II, MPH, Anna Nápoles, PhD, MPH, Eliseo J. Pérez-Stable, MD, and Chandra L. Jackson, PhD, MS)

[*Maternal experiences of racial discrimination and offspring sleep in the first 2 years of life: Project Viva cohort, Massachusetts, USA \(1999-2002\)*](#) (Chloé A. Powell, MD, Sheryl L. Rifas-Shiman, MPH, Emily Oken, MD, MPH, Nancy Krieger, PhD, Janet W. Rich-Edwards, ScD, Susan Redline, MD, MPH, and Elsie M. Taveras, MD, MPH)

[Associations between self-reported sleep duration and cardiometabolic risk factors in young African-origin adults from the five-country modeling the epidemiologic transition study \(METS\)](#) (DE Rae, LR Dugas, LC Roden, EV Lambert, P Bovet, J Plange-Rhule, T Forrester, W Riesen, W Korte, SJ Crowley, S Reutrakul, and A Luke)

[Understanding sleep facilitators, barriers, and cultural dimensions in Native American urban youth](#) (Alina I. Palimaru, PhD, MPP, Ryan A. Brown, PhD, MA, Wendy M. Troxel, PhD, MS, Daniel L. Dickerson, DO, MPH, Carrie L. Johnson, PhD, and Elizabeth J. D'Amico, PhD, MA)

[Sleep deprivation in an American homeless population](#) (Ariana Gonzalez, OTD, OTR/L, and Quinn Tyminski, OTD, OTR/L)

“At different times in its 30-year history, NSF has explored associations between socio-demographic factors and sleep. With *Sleep Health*, we are ensuring more than ever that today’s scientists and scholars have a rigorous platform to share findings that can help the public,” said John Lopos, CEO of NSF.

“This collection of research centered around sleep health disparities demonstrate the importance of focusing on the wide range of modifiable environmental and sociocultural determinants of health across the life course, which can be considered manifestations of addressable social ills such as structural racism,” said Chandra Jackson, PhD, MS, Research Investigator at the National Institutes of Health and Associate Editor of *Sleep Health*.

NSF is committed to using *Sleep Health* as an outlet for information and insight to help reduce racial and other disparities in sleep health and well-being. *Sleep Health* continues to feature research that seeks to explain these disparities, identify predictors, and present evidence that can be translated into changes that increase opportunities for improved sleep health.

About the National Sleep Foundation

National Sleep Foundation (NSF) is dedicated to improving health and well-being through sleep education and advocacy. Founded in 1990, the NSF is committed to advancing excellence in sleep health theory, research and practice. theNSF.org | SleepHealthJournal.org