

WHAT IS KEEPING US UP AT NIGHT?

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**No Conflicts of
Interest to Report**

Goal and Structure

- Explore barriers to getting quality sleep and identify possible solutions.

Individual

Household

Societal



Sleep: A Behavior

- Just like eating, how we sleep is not strictly determined by our biological need.
- Social
- Cognitive
- Emotion

Consider:

A time where you
slept outside of
what your body
needed

A time where you
stayed awake
when your body
needed sleep

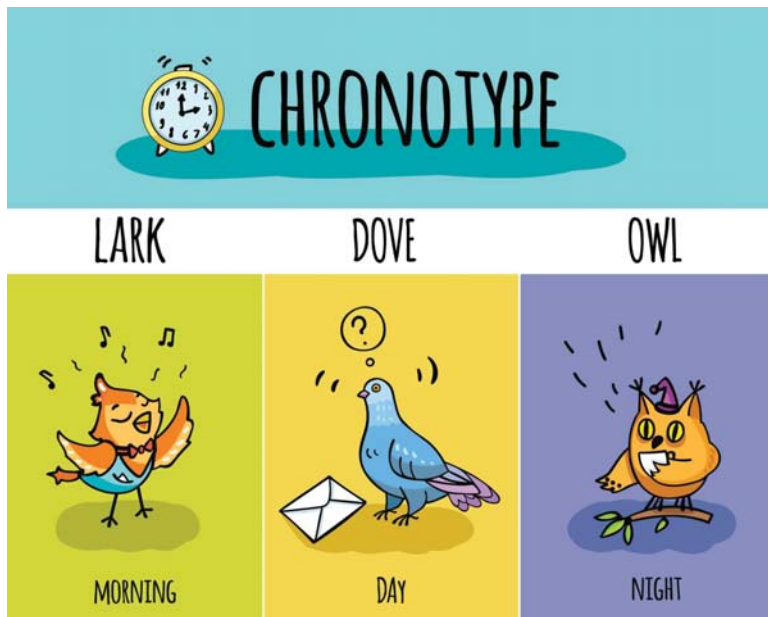
Individual

Household

Societal

Belief: Early Bird Gets the Worm

For example, Dwayne "The Rock" Johnson starts every day at 3:30 a.m., Apple, Tim Cook, rises at 3:45 a.m., Ellevest CEO and co-founder Sallie Krawcheck gets up at 4 a.m. In addition to Oprah Winfrey, Michelle Obama, and Indra Nooyi, have been known to rise before sunrise.



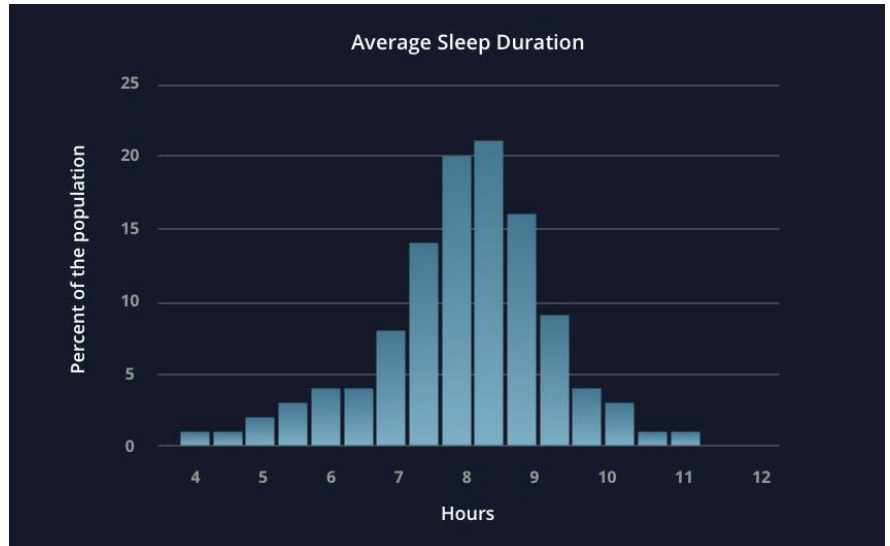
CHRONOTYPES

Follow your body's
circadian preferences

Sentinel hypothesis
(Samson et al., 2017)

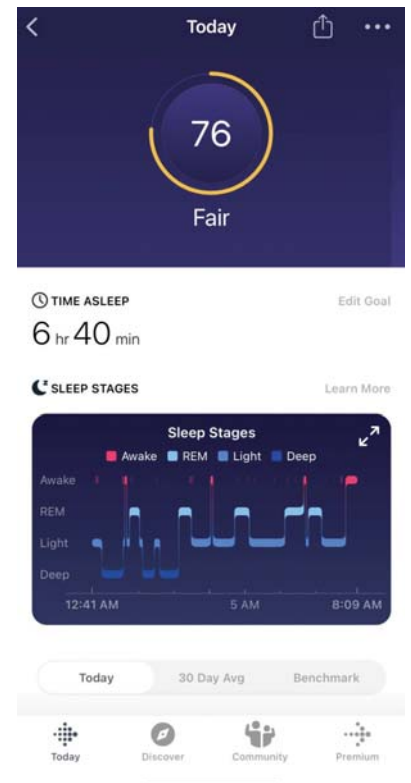
Belief: I Need My 8 Hours

- Sleep need changes through the lifespan.
- Though 8 hours is the average, you may need more or less



But My Wearable Says...

- Orthosomnia: “patients are preoccupied or concerned with improving or perfecting their wearable sleep data” (Baron et al., 2017)





Daphne K. Lee
@daphnekylee

Learned a very relatable term today: “報復性熬夜” (revenge bedtime procrastination), a phenomenon in which people who don't have much control over their daytime life refuse to sleep early in order to regain some sense of freedom during late night hours.

9:49 PM · Jun 27, 2020



Terri Fry
@momskethart

Them: why don't you just go to bed after the kids go to sleep if you're always so tired?

Me: I stay up a lot later than I should every night because I don't belong to myself during the day. So I want to belong to me for a few hours before I go to bed for everyone else.



josh guy
@joberlin27

Replying to @abbiehive

Holy s*** it has a name. A part of me has this weird thought process that "well if I go to sleep, the day will end and I'll have to start the new day and work again, but if I don't go to sleep the day will never end!"

3:16 PM · Apr 14, 2021

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BEDTIME PROCRASTINATION



Emotion Regulation: Sleep to Avoid

- Avoidance of unpleasant states
 - Anxiety
 - Boredom
 - Pain
 - Hunger

Sleep for Dinner

*"You know my name, they call me Mr. Funke
But back when I was young, they could've called me Mr. Hungry
'Cause there were many days when we had nothing to eat
(What did you do?) What could I do? I went to sleep"
- Lords of the Underground, 1993*



Individual

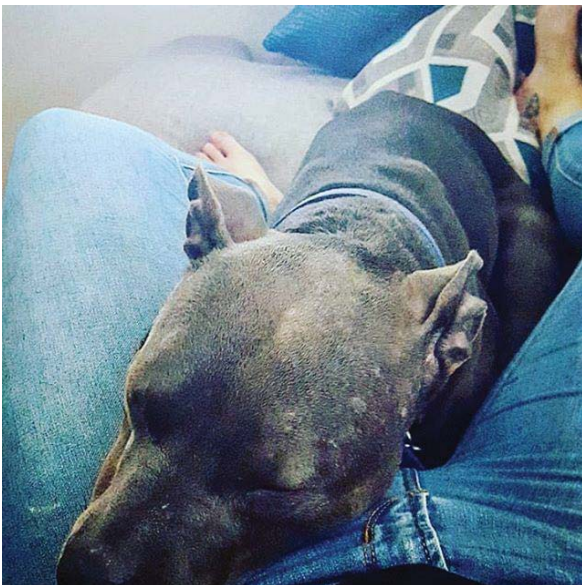
Household

Societal



Bed Buddies: Bed Partners

- We move more (Troxel et al., 2007)
- Their snoring keeps us up (Ulfberg et al., 2000)



Bed Buddies: Furry Friends

- Highest rates of pet ownership in 2 decades (American Pet Products Association. 2012-2013)
- Consider circadian rhythm of your pet (Krahn et al 2015)



And yet we report sleeping better

- Objective measures appeared to be worse when sharing
- Subjective sleep quality was better (Andre et al., 2021)

Individual



Household



Societal

Systems of Oppression

"Sleep can be a respite from prejudice, inequality, and injustice; but, in a cruel twist, controlling sleep is a weapon that one group might use to impose its will on another, and interpreting sleep of the others can be a way to justify control" – Benjamin Reiss, *Wild Nights* pg 122

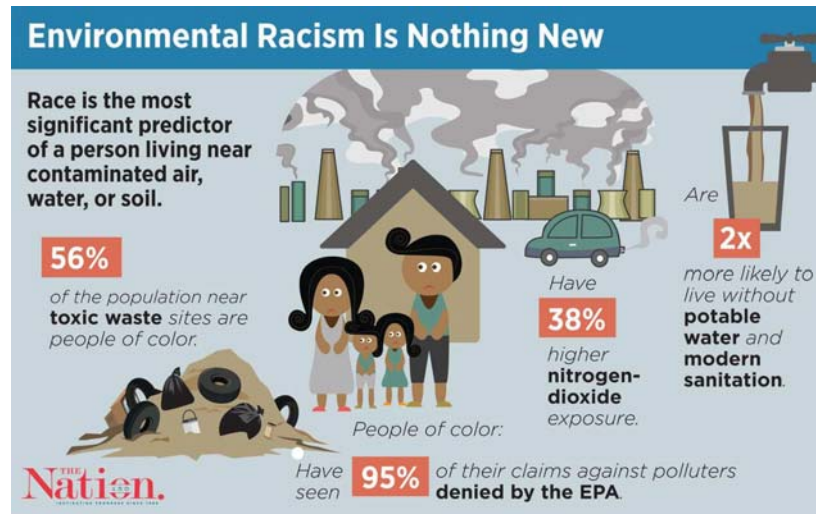


CRIMINAL JUSTICE SYSTEM

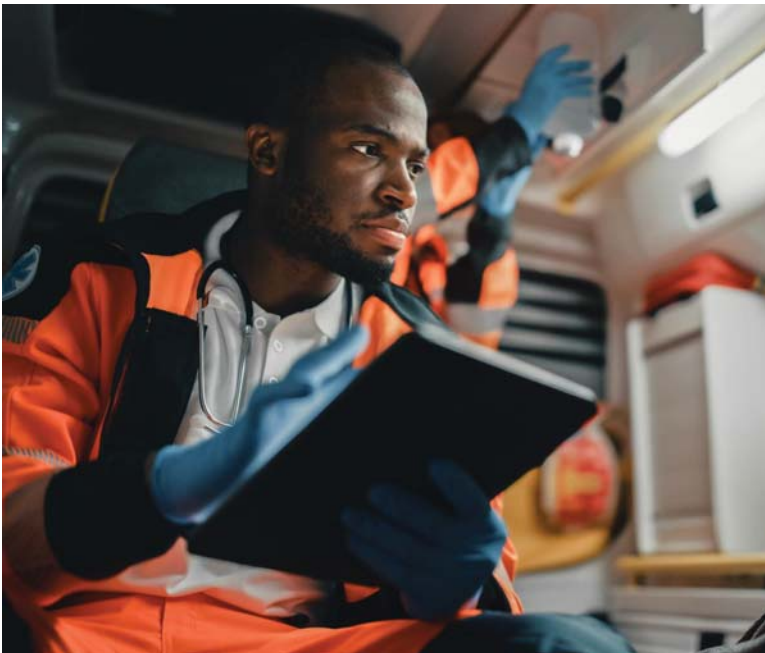
Morris et al., 2021



Environmental Racism



Brouillette, et al., 2011; Johnson et al, 2022;



SHIFT WORK

People of color are more likely to hold shift work positions.

Combatting Oppressive Systems

<https://doi.org/10.5664/jcam.8570>

JCSM | Journal of
Clinical Sleep Medicine

LETTERS TO THE EDITOR

Sleep disparities in the era of the COVID-19 pandemic highlight the urgent need to address social determinants of health like the virus of racism

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- Jackson & Johnson recommendations (2020)
 - Dismantle systems with inequitable resources and power structures
 - Focus on and address structural interventions (ex. a livable wage)
 - Include patients as stakeholders and develop equitable infrastructure
 - Practice cultural competence

QUESTIONS?

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Social Determinants of Sleep Health

		Levels of Influence*			
		Individual	Interpersonal	Community	Societal
Domains of Influence (Over the Lifecourse)	Biological	Biological Vulnerability and Mechanisms	Caregiver-Child Interaction Family Microbiome	Community Illness Exposure Herd Immunity	Sanitation Immunization Pathogen Exposure
	Behavioral	Health Behaviors Coping Strategies	Family Functioning School/Work Functioning	Community Functioning	Policies and Laws
	Physical/Built Environment	Personal Environment	Household Environment School/Work Environment	Community Environment Community Resources	Societal Structure
	Sociocultural Environment	Sociodemographics Limited English Cultural Identity Response to Discrimination	Social Networks Family/Peer Norms Interpersonal Discrimination	Community Norms Local Structural Discrimination	Social Norms Societal Structural Discrimination
	Health Care System	Insurance Coverage Health Literacy Treatment Preferences	Patient-Clinician Relationship Medical Decision-Making	Availability of Services Safety Net Services	Quality of Care Health Care Policies
Health Outcomes		 Individual Health	 Family/ Organizational Health	 Community Health	 Population Health

National Institute on Minority Health and Health Disparities, 2018
*Health Disparity Populations: Race/Ethnicity, Low SES, Rural, Sexual and Gender Minority
Other Fundamental Characteristics: Sex and Gender, Disability, Geographic Region



A machine-level paced of grinding due to capitalism is not sustainable. It's why we speak about "burn-out" as a normal part of our life and career. It is not normal. Grind culture is violence, therefore "burn-out" is actually years of embodied violence showing up in our bodies. You need to slow down. You need to rest.

The Nap Ministry
@thenapministry

Grind Culture

- Productivity used to measure worth
- If it's not "productive" it's a waste of time.
- Constant push to work to survive is destructive to our bodies and minds



Group Differences in Beliefs

- Compared to white women, Black women were more likely to believe (Grandner et al., 2013)
 - Sleepiness is due to laziness/ bad habits
 - Lying in bed with eyes shut is as good as sleeping
 - Boredom causes sleepiness
- Women hold belief that snoring is more acceptable for men than women (Venn 2007)

Belief: We Can “Power Down”

- We must transition from wake to sleep and sleep to wake.

