

Response to “Lack of Attention to Sociocultural Factors in Goodhines et al. (2019)”

As Schuyler asserted, consideration of sociocultural factors such as racial identity and college-going generation status is indeed critical for ongoing sleep and substance use research. Other work from our research team has summarized the literature on key sleep and substance use disparities, such as sleep problems affecting lower socioeconomic status and racial minority youth (Gellis, 2011), and the racially-specific risk factor of alcohol use and problems in Black (Desalu, Goodhines, & Park, 2019) and East Asian (Zaso et al., 2019) individuals.

Unfortunately, consideration of sociocultural factors in the current study was precluded by two key limitations. First, this study was designed to examine within-person effects, such as how individuals’ day-to-day sleep and substance-related outcomes vary as a function of sleep aid use. As described in the Method section (on page 1039), this study was not designed to test between-person effects, and the sample size of $n=83$ sleep aid users was insufficiently powered to analyze between-person effects. Thus, between-person effects were not interpreted, and it was not possible to assess racial differences in day-to-day sleep or substance use behavior (i.e., between-person effects). However, Table 1 (on page 1040) highlights racial differences in sleep aid use, such that sleep aid users were more likely to be Black or multiracial, but less likely to be Asian or other races (i.e., American Indian/Alaska Native, Native Hawaiian/Other Pacific Islander, and self-identification as “other” race); no group differences were found in terms of White race or country of origin. This study, however, did not assess for first-generation college status, which is an important recommendation for future research in this area. Second, the current sample was 73% White, further limiting power to analyze racial or sociocultural differences within the sample of sleep aid users. Future research on college sleep and substance use should

work to overcome known barriers to recruitment and retention of racial/ethnic minority research participants via strategies such as cultural competence training for research staff, racial representation among research staff and visual recruitment materials, and targeted recruitment efforts (Brown et al., 2014; Levkoff & Sanchez, 2003).

Goodhines et al. (2019)'s findings of daytime fatigue as a potential adverse short-term outcome of cannabis sleep aid use (despite its proximal sleep-related benefits) should serve as a guide for ongoing research into more nuanced sociocultural disparities in sleep aid use behavior and associated consequences. We thank Schuyler for raising attention of the critical need for consideration of sociocultural diversity in this body of research.

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