

US acculturation and poor sleep among an intergenerational cohort of adult Latinos in Sacramento, California

Erlene E Martinez-Miller, Aric A Prather, Whitney R Robinson, Christy L Avery, Yang C Yang, Mary N Haan, Allison E Aiello

Sleep, Volume 42, Issue 3, March 2019, zsy246, <https://doi.org/10.1093/sleep/zsy246>

Published: 13 December 2018 **Article history** ▼

Views ▼ Cite Permissions Share ▼

Abstract

Acculturation may shape the disproportionate burden of poor sleep among Latinos in the United States. Existing studies are limited by unidimensional acculturation proxies that are incapable of capturing cultural complexities across generations. Understanding how acculturation relates to sleep may lead to the identification of modifiable intervention targets. We used multivariable regression and latent class methods to examine cross-sectional associations between a validated multidimensional scale of US acculturation and self-reported poor sleep measures. We analyzed an intergenerational cohort: first-generation (GEN1) older Latinos (Sacramento Area Latino Study on Aging; $N = 1,716$; median age: 69.5) and second-generation (GEN2) middle-aged offspring and relatives of GEN1 (Niños Lifestyle and Diabetes Study; $N = 670$; median age: 54.0) in Sacramento, California. GEN1 with high US acculturation, compared with high acculturation towards another origin/ancestral country, had less restless sleep (prevalence ratio [PR] [95% confidence interval (CI)]: 0.67 [0.54, 0.84]) and a higher likelihood of being in the best sleep class than the worst (OR [95% CI]: 1.62 [1.09, 2.40]), but among nonmanual occupations, high intergenerational US acculturation was associated with more general fatigue (PR [95% CI]: 1.86 [1.11, 3.10]). GEN2 with high intergenerational US acculturation reported shorter sleep (PR [95% CI]: 2.86 [1.02, 7.99]). High US acculturation shaped sleep differentially by generation, socioeconomic context, and intergenerational acculturative status. High US acculturation was associated with better sleep among older, lower socioeconomic Latinos, but with shorter sleep duration among middle-aged, higher socioeconomic Latinos; results also differed by parental acculturation status. Upon replication, future studies should incorporate prospective and intergenerational designs to uncover sociobehavioral pathways by which acculturation may shape sleep to ultimately inform intervention efforts.

[acculturation](#), [sleep](#), [Latino health](#), [intergenerational](#), [lifecourse](#), [aging](#)

© Sleep Research Society 2018. Published by Oxford University Press [on behalf of the Sleep Research Society]. All rights reserved. For permissions, please email: journals.permissions@oup.com

This article is published and distributed under the terms of the Oxford University Press, Standard Journals Publication Model (https://academic.oup.com/journals/pages/open_access/funder_policies/chorus/standard_publication_model)

Topic:

[aging](#)

[acculturation](#)

[hispanics or latinos](#)

[sleep](#)

[agitation](#)

Issue Section: [Sleep, Health and Disease](#)

You do not currently have access to this article.

Sign in

Don't already have an Oxford Academic account? [Register](#)

Oxford Academic account

Email address / Username [?](#)

Password

[Sign In](#)

[Forgot password?](#)

[Don't have an account?](#)

Sleep Research Society members



[Sign in via society site](#)

American Academy of Sleep Medicine members



[Sign in via society site](#)

Sign in via your Institution

[Sign in](#)

Purchase

Short-term Access

To purchase short term access, please sign in to your Oxford Academic account above.

Don't already have an Oxford Academic account? [Register](#)

US acculturation and poor sleep among an intergenerational cohort of adult Latinos in Sacramento, California - 24 Hours access

EUR €36.00

GBP £28.00

USD \$45.00

Rental



This article is also available for rental through DeepDyve.



[View Metrics](#)

Email alerts

[New issue alert](#)

[Advance article alerts](#)

[Article activity alert](#)

[Subject alert](#)

[Receive exclusive offers and updates from Oxford Academic](#)

More on this topic

Successful Treatment of the Idiopathic Restless Legs Syndrome in a Randomized Double-Blind Trial of Oxycodone Versus Placebo

Acculturation and Sleep among a Multiethnic Sample of Women: The Study of Women's Health Across the Nation (SWAN)

Employment status and the association of sociocultural stress with sleep in the Hispanic Community Health Study/Study of Latinos (HCHS/SOL)

Short and Long Sleep Duration Associated with Race/Ethnicity, Sociodemographics, and Socioeconomic Position

Related articles in

Google Scholar

Related articles in PubMed

Social Support as a Moderator in the Relationship between Intrusive Thoughts and Anxiety among Spanish-speaking Latinas with Breast Cancer.

Arousal and sleep circuits.

Extensive Phenotyping for Potential Weight-Inducing Factors in an Outpatient Population with Obesity.

Liver Fibrosis, Sleep Apnea and Cardiovascular Events in Stroke Patients.

Citing articles via

Google Scholar

CrossRef

Latest | **Most Read** | **Most Cited**

Characterization of the sleep disorder of anti-IgLON5 disease

Actigraphic detection of periodic limb movements: development and validation of a potential device-independent algorithm. A proof of concept study

Simultaneous tonic and phasic REM sleep without atonia best predicts early phenotypic conversion to neurodegenerative disease in idiopathic REM sleep behavior disorder

Residual symptoms after natural remission of insomnia: associations with relapse over 4 years

Sleep duration and fragmentation in relation to leukocyte DNA methylation in adolescents

Looking for your next opportunity?

Chair of Pain Research
Boston, Massachusetts

PEDIATRIC EMERGENCY PHYSICIAN
Saskatoon Shines, Saskatchewan

Endowed Chair of Occupational
Health/Medicine
Saint John, New Brunswick

CHIEF OF THE DIVISION OF ALLERGY,
IMMUNOLOGY AND INFECTIOUS
DISEASE
New Brunswick, New Jersey

[View all jobs](#)

OXFORD
UNIVERSITY PRESS

[About SLEEP](#)

[Editorial Board](#)

[Author Guidelines](#)

[Facebook](#)

[Twitter](#)

[Contact Us](#)

[Purchase](#)

[Recommend to your Library](#)

[Advertising and Corporate Services](#)

[Journals Career Network](#)

Online ISSN 1550-9109

Print ISSN 0161-8105

Copyright © 2019 Sleep Research Society

[About Us](#)

[Contact Us](#)

[Careers](#)

[Help](#)

[Access & Purchase](#)

[Rights & Permissions](#)

[Open Access](#)

Connect

[Join Our Mailing List](#)

[OUPblog](#)

[Twitter](#)

[Facebook](#)

[YouTube](#)

[Tumblr](#)

Resources

[Authors](#)

[Librarians](#)

[Societies](#)

[Sponsors & Advertisers](#)

[Press & Media](#)

[Agents](#)

Explore

[Shop OUP Academic](#)

[Oxford Dictionaries](#)

[Oxford Index](#)

[Epigeum](#)

[OUP Worldwide](#)

[University of Oxford](#)

*further the University's objective of excellence in research, scholarship,
and education by publishing worldwide*

Copyright © 2019 Oxford University Press
Accessibility

[Get Adobe Reader](#)

[Cookie Policy](#)

[Privacy Policy](#)

[Legal Notice](#)

[Site Map](#)