

Neighborhood social cohesion and sleep outcomes in the Native Hawaiian and Pacific Islander National Health Interview Survey

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Sleep, Volume 41, Issue 9, September 2018, zsy097, <https://doi.org/10.1093/sleep/zsy097>

Published: 16 May 2018 **Article history** ▼

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Abstract

Study Objective

Native Hawaiians and Pacific Islanders (NHPIs) have the lowest attainment of healthy sleep duration among all racial and ethnic groups in the United States. We examined associations of neighborhood social cohesion with sleep duration and quality.

Methods

Cross-sectional analysis of 2464 adults in the NHPI National Health Interview Survey (2014). Neighborhood social cohesion was categorized as a continuous and categorical variable into low (<12), medium (12–14), and high (>15) according to tertiles of the distribution of responses. We used multinomial logistic regression to examine the adjusted odds ratio of short and long sleep duration relative to intermediate sleep duration. We used binary logistic regression for dichotomous sleep quality outcomes. Sleep outcomes were modeled as categorical variables.

Results

Forty percent of the cohort reported short (<7 hours) sleep duration and only 4% reported long (>9 hours) duration. Mean (*SE*, range) social cohesion score was 12.4 units (0.11, 4–16) and 23% reported low social cohesion. In multivariable models, each 1 *SD* decrease in neighborhood social cohesion score was associated with higher odds of short sleep duration (odds ratio [OR]: 1.14, 95% confidence interval [CI]: 1.02, 1.29). Additionally, low social cohesion was associated with increased odds of short sleep duration (OR: 1.53, 95% CI: 1.10, 2.13). No associations between neighborhood social cohesion and having trouble falling or staying asleep and feeling well rested were found.

Conclusion

Low neighborhood social cohesion is associated with short sleep duration in NHPIs.

Native Hawaiians and Pacific Islanders, Native Hawaiian and Pacific Islander National Health Interview Survey, neighborhood social cohesion, neighborhood characteristics, sleep duration, sleep quality, public health, sleep hygiene, sleep deprivation

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Online ISSN 1550-9109

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