

Phenotypes of Sleep Health among Black & Hispanic Women of Childbearing Age:

Preliminary Findings: Recruitment Progress & Sleep Characteristics

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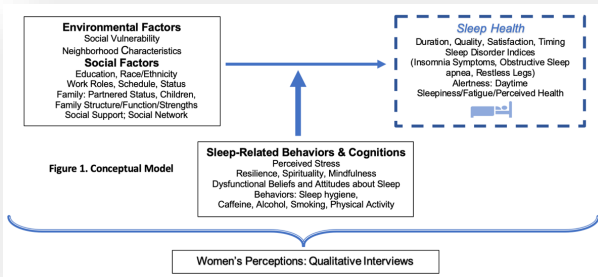
INTRODUCTION/PURPOSE

Black and Hispanic women of childbearing age (WOCBA: 18-49 years) are at elevated risk for adverse pregnancy outcomes and cardiometabolic problems early in life. Sleep health, a multidimensional pattern of sleep-wakefulness, is a critical determinant. Black and Hispanic WOCBA report lower levels of sleep quality and shorter sleep than other women.

- Purpose:** To provide an update on recruitment progress and preliminary data for our ongoing study
- Parent study:** Community-engaged mixed methods study designed to obtain a comprehensive perspective of multi-dimensional aspects ("phenotypes") of sleep health and contributing factors among 300 Black and Hispanic WOCBA and multi-level factors that contribute to sleep health

METHODS

Conceptual Framework



Inclusion/Exclusion Criteria

Included: Women aged 18-49, self-identify as Black, Black plus other race and/or Hispanic non-pregnant women regardless of concerns about sleep, English or Spanish-speaking

Excluded: Lactating or pregnant; caring for children less than 12 months premature menopause due to cancer or other Serious mental health disorders

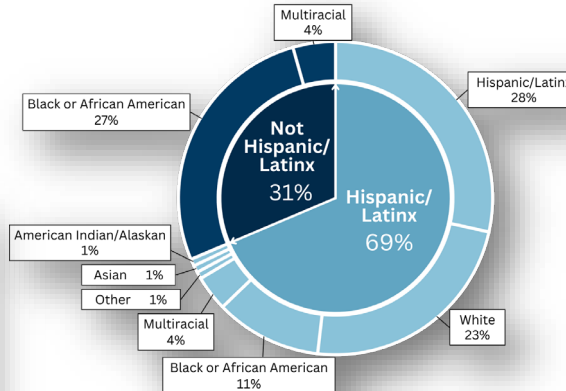
Sleep Variables and Measures

- Self-reported Sleep Characteristics via REDCap: (Pittsburgh Sleep Quality Index: PSQI; Insomnia Severity Index: ISI; Daytime sleepiness (Epworth Sleepiness Scale: ESS)
- ActiLummus (Condor TM) (wrist actigraph) (2wks)
- Sleep Profiler (Portable Polysomnography – 1 night)

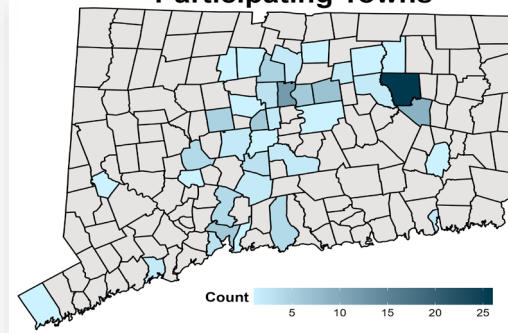
RESULTS

RECRUITMENT AND DATA COMPLETION

- N = 137 participants recruited: 126 (90%) completed surveys via RedCap; N = 59 (43%) completed all measures; Recruitment & Data collection in progress for remaining women
- Sample M age = 28 years (SD=8.5)



Participating Towns



SLEEP CHARACTERISTICS (N = 123)

	N(%) M(SD)
INSOMNIA SEVERITY (ISI)	
-no insomnia	63 (51.2%)
-subthreshold insomnia	44 (35.8%)
-clinical insomnia	16 (13%)
SLEEP QUALITY (PSQI)	
poor sleep quality	73/59.4%
Sleep Duration	M = 6.4 hours
Sleep Efficiency	N = 82.95 (14.42)%
DAYTIME SLEEPINESS (ESS)	
Sleepy	51/42.1%

CONCLUSIONS & IMPLICATIONS

Recruitment:

- Over six months, we have successfully recruited, retained, and obtained complete data from 59 women. This exceeds the projected recruitment/completion rate (75/year)
- Women have come from throughout the state of CT
- Word of mouth, social media, health fairs, posters, and other strategies have been successful

Preliminary Results:

- Our findings of significant poor sleep, insomnia, and daytime sleepiness suggest the importance of our continued work to examine contributing factors and develop interventions to promote sleep health

Next steps:

- Continue to meet with our community advisors
- Expand recruitment sites to ensure socioeconomic diversity
- Conduct interviews to address mixed methods approach
- Continued data collection and analysis

This study is funded by the NIH National Heart Lung and Blood Institute/National Center for Sleep Disorders Research (R01HL168770, Redeker, PI)