

Sleep health disparities and health equity

Healthy sleep is essential for overall health and well-being. Poor sleep health is associated with myriad health domains, including cardiovascular disease (CVD), metabolic disorders (e.g. diabetes), immune function, and mental health. Sleep health disparities, therefore, have important implications for health disparities in these other domains. Achieving health equity is critical for public health. The goals of this presentation are first to summarize sleep health disparities by both socioeconomic status and by race and ethnicity. The second goal is to discuss potential determinants of sleep disparities and critical next steps to reduce these sleep disparities.