

# Understanding Families' Sleep Health using a Social- Ecological Approach

Heidi S. Kane, Ph.D.

Danica C. Slavish, Ph.D.

The Center for Children and Families

Annual Spring Lecture Series

April 8, 2022



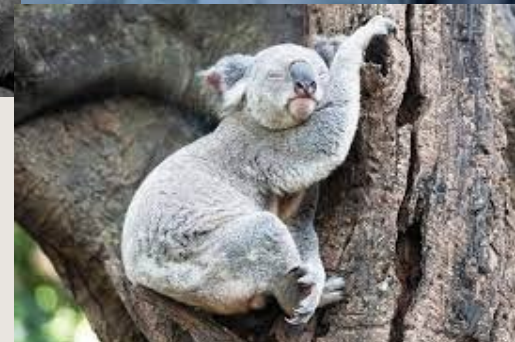
# What is sleep health?

Physiological

Behavioral

Cultural

Social



# What is sleep health?

Duration

Quality

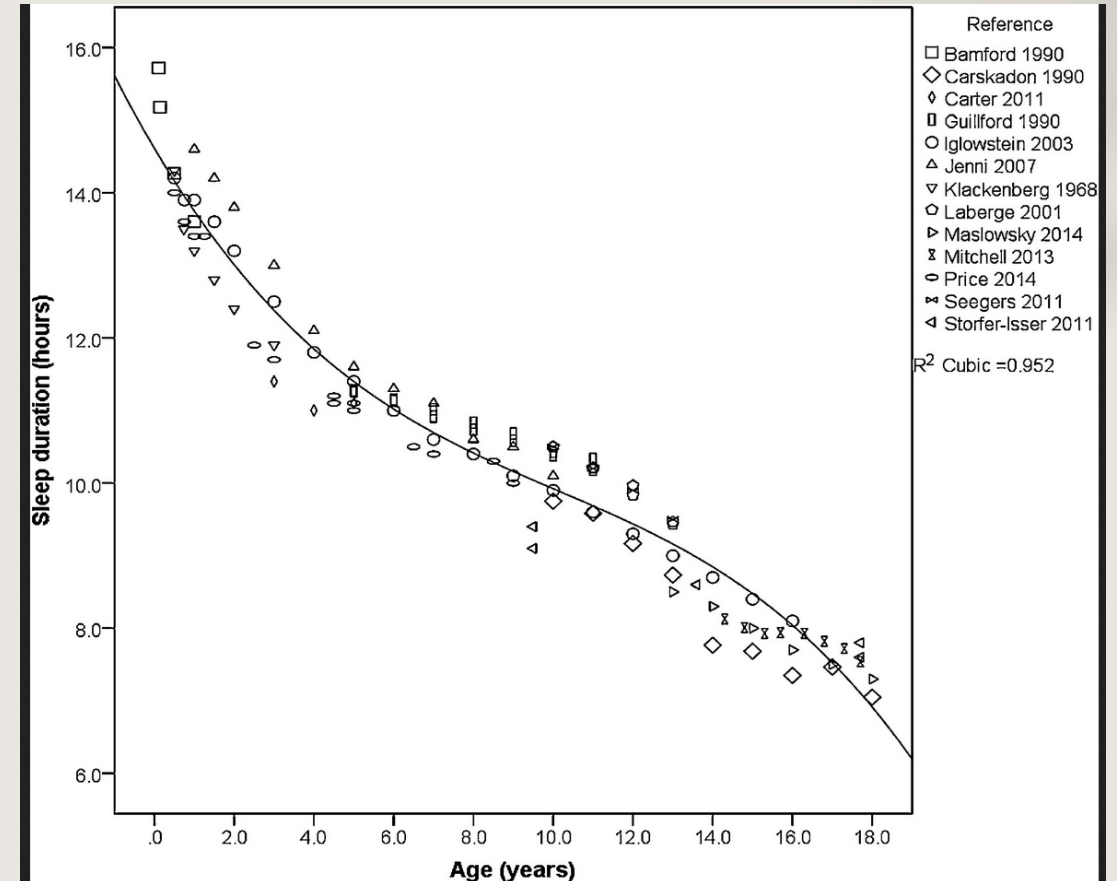
Regularity

Timing

Continuity

# Sleep changes dramatically across the lifespan.

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 or more years old	7-8 hours



# What is needed to promote optimal sleep?



Sympathetic Arousal

Repetitive Thoughts

Vigilance



Psychological  
Security

Physical Safety

# Why is sleep important?

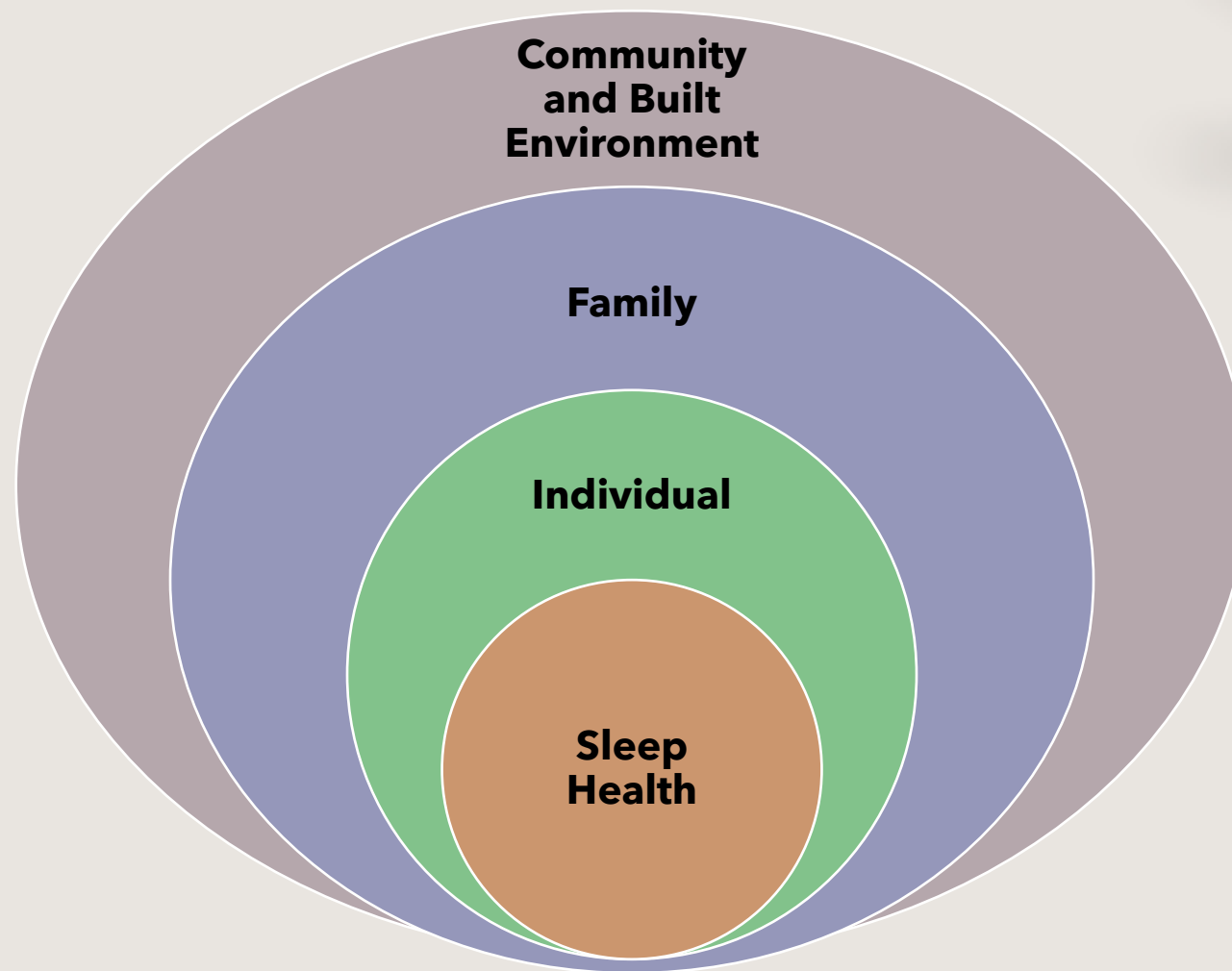
Physical health

Social health

Emotional health

Individual development and performance

# Social-Ecological Approach



# Individual Level

Stress

Personality

SES

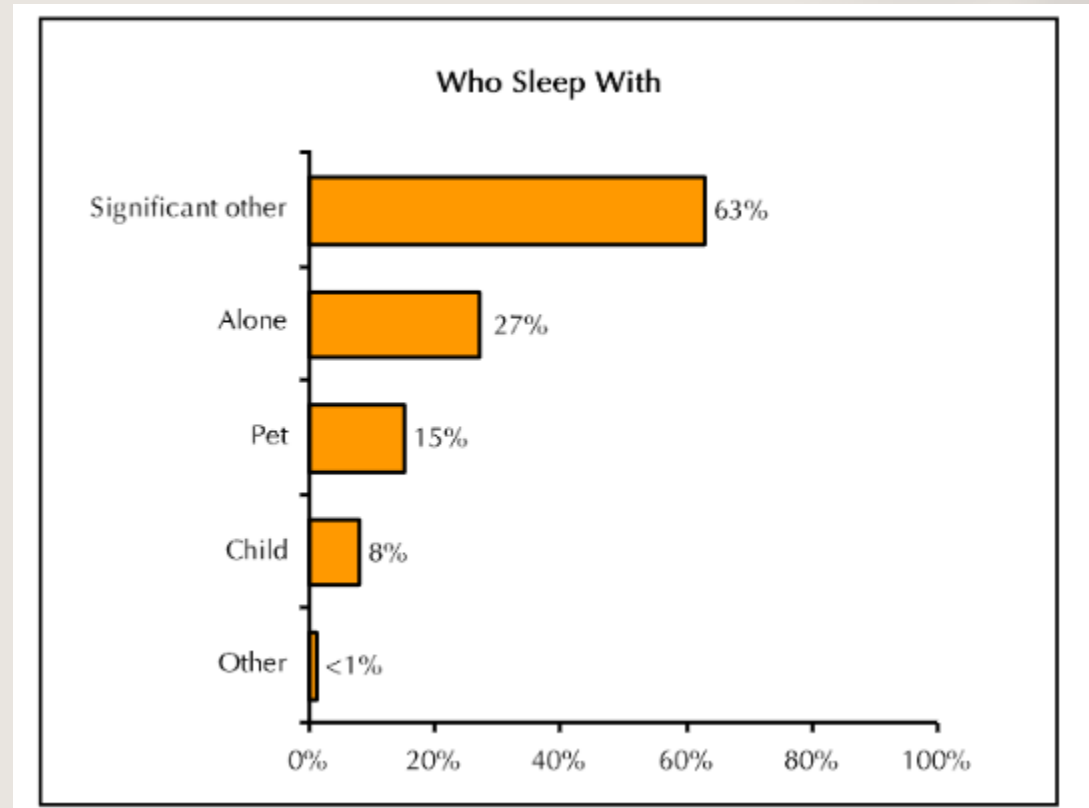
Discrimination

Work schedules





# Sleep is a Social Behavior

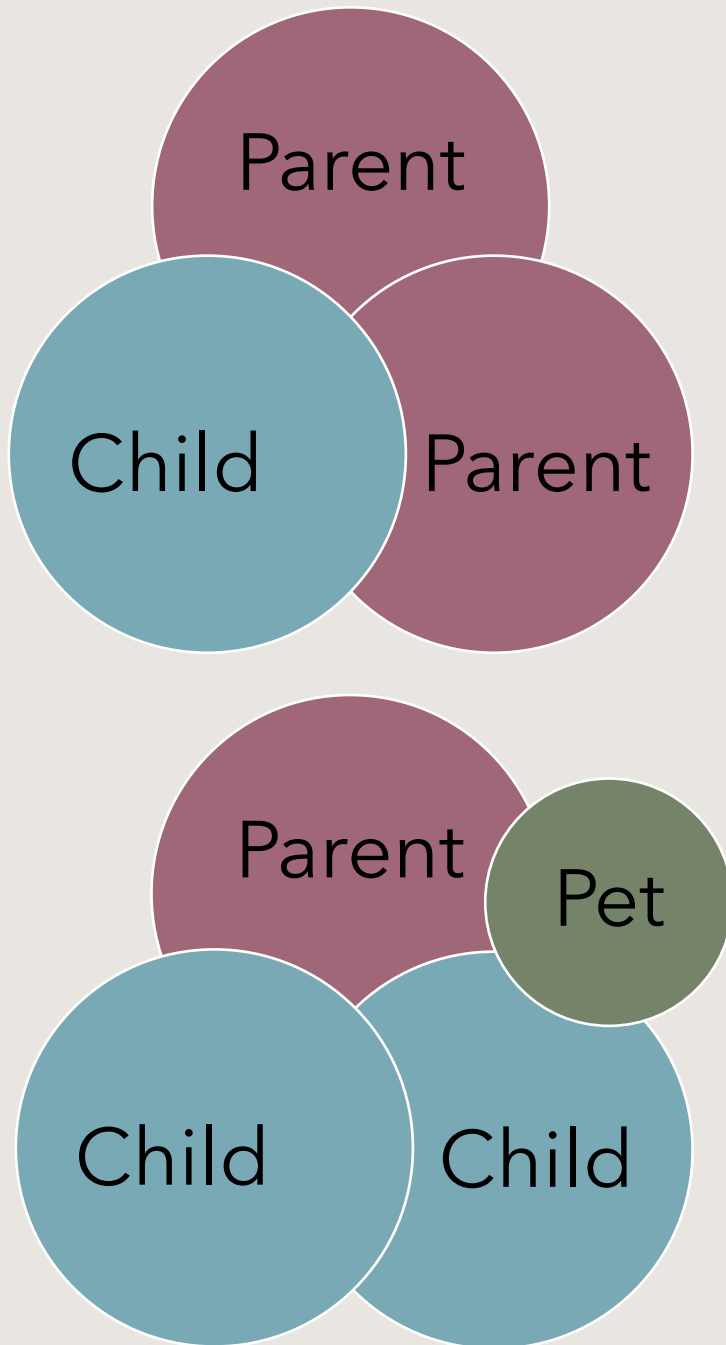


National Bedroom Poll, 2013

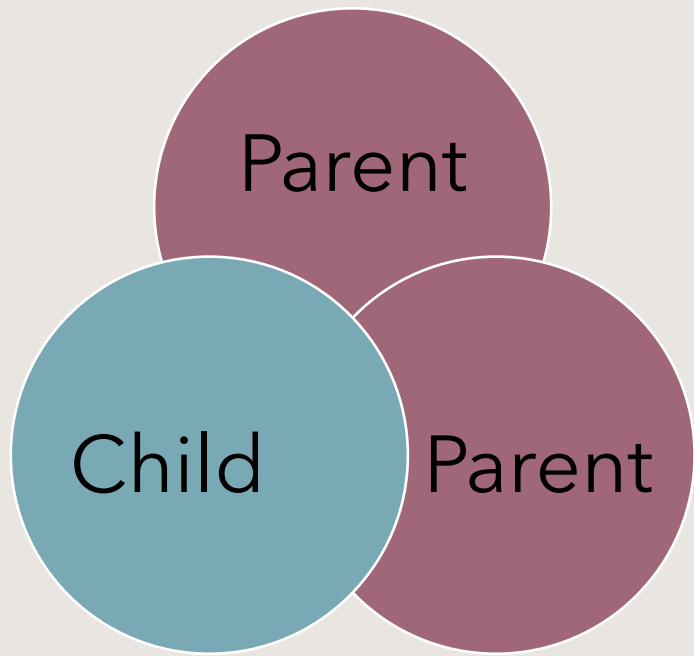
# Family

The sleep of family members are linked

- Individual factors can affect family sleep
- Shared family interpersonal experiences and interactions

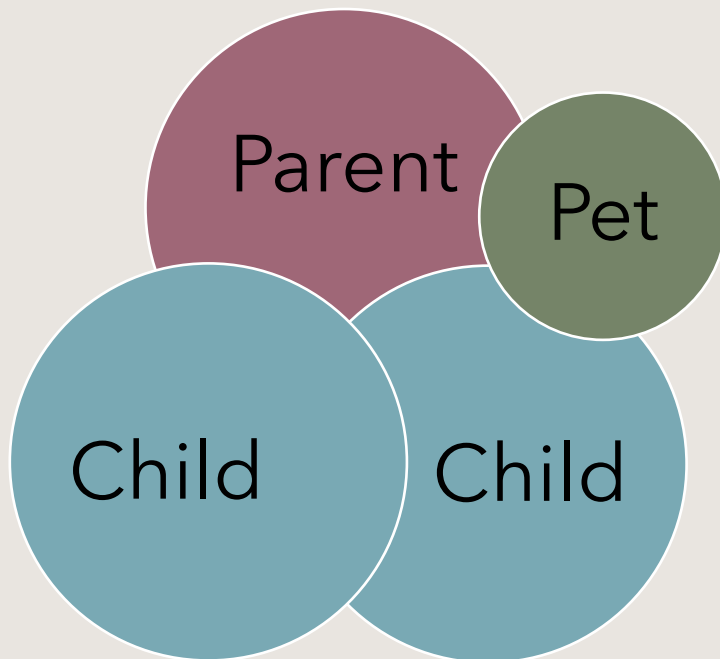


# Family



Relationship interactions that promote sleep

- Self-disclosure
- Social support



Relationship interactions that hinder sleep

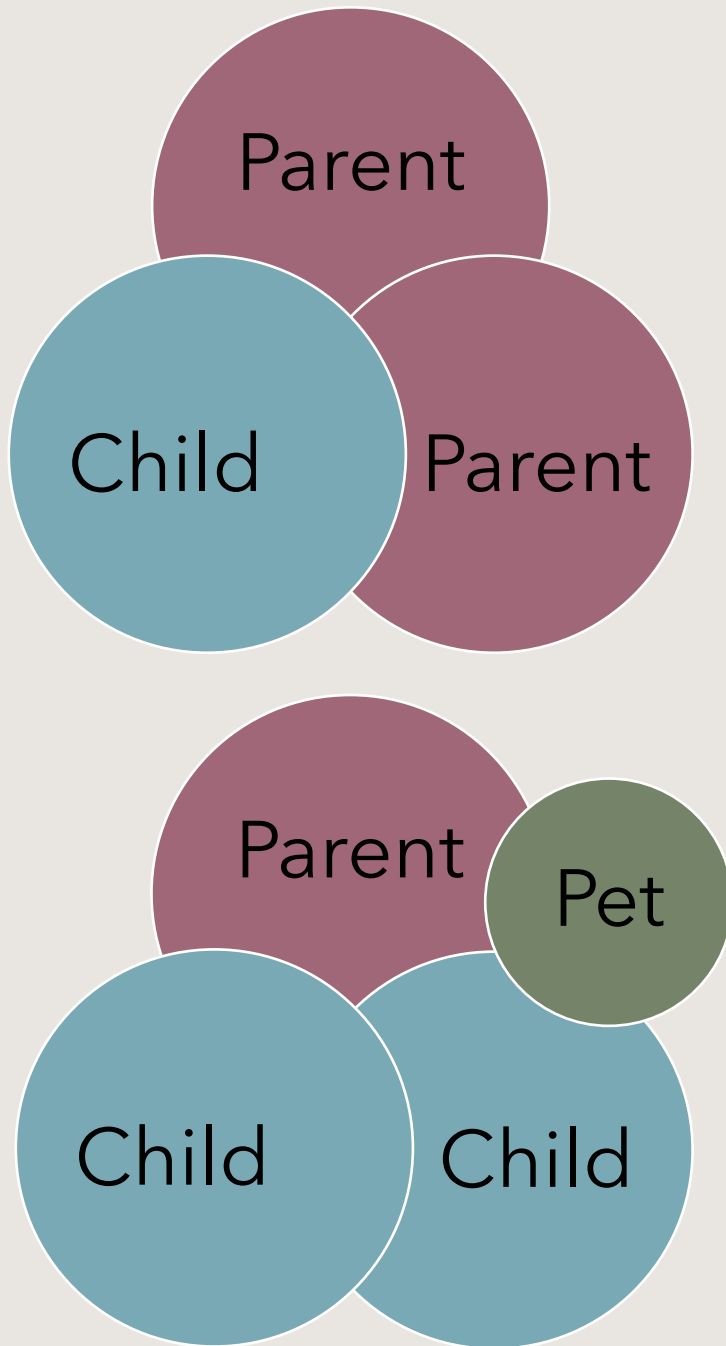
- Conflict

Affects across different family members

# Family

The sleep of family members are linked

- Individual factors can affect family sleep
- Shared family interpersonal experiences
- Shared family culture and routines
- Shared community and built (physical) environments



# Community and Built Environment

## Built (Physical) Environment

- Physical safety
- Light and Noise
- Sidewalks
- Greenspace

## Community

- Neighborhood cohesion

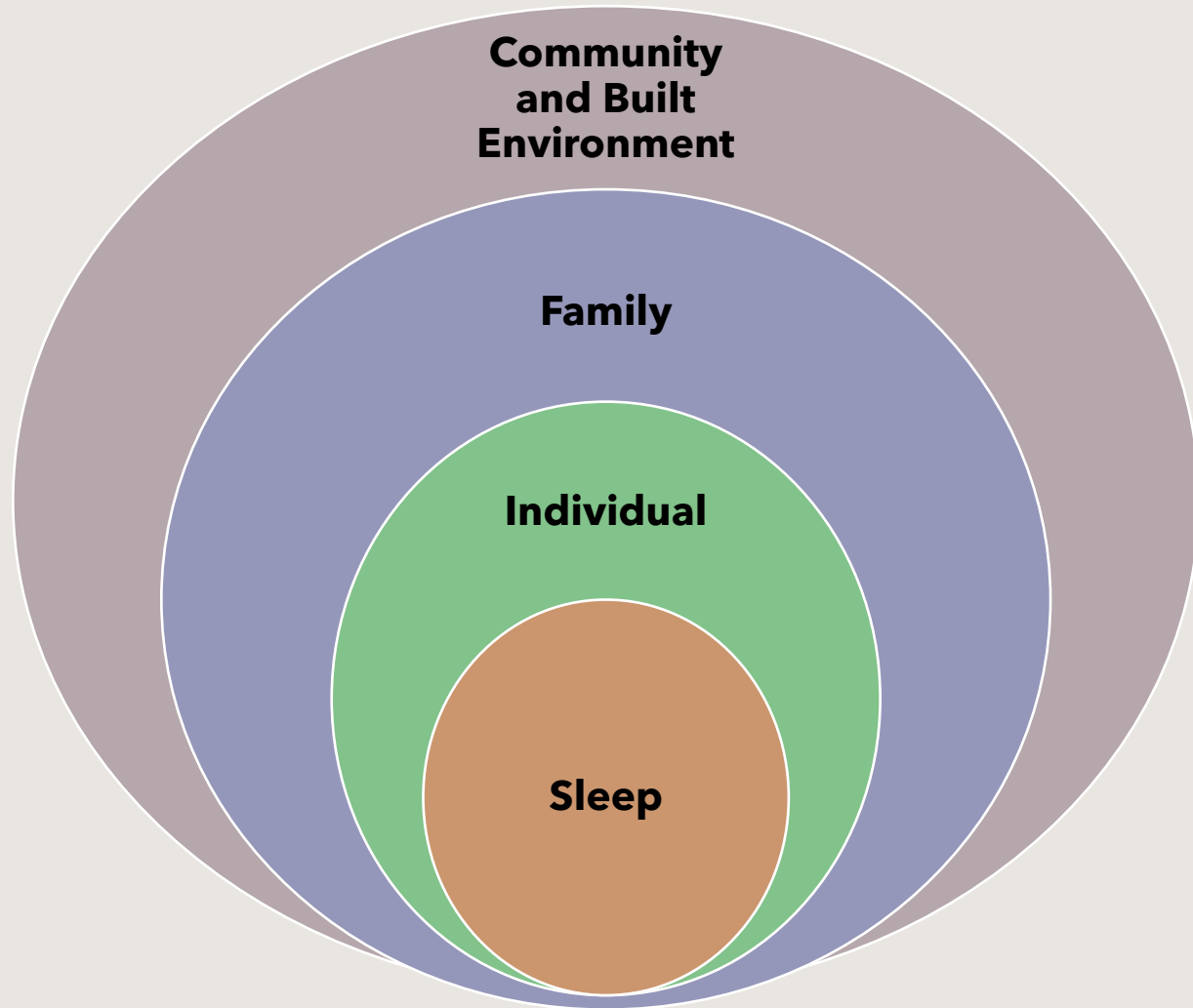


DeSantis et al., 2013; Johnson et al., 2017; Hale et al., 2013; Simonelli et al., 2017; Pirrera et al., 2010; Win et al., 2018;

# Community and Built Environment











# Sum Up



- Sleep is a critical biological, cultural, and social health behavior across the lifespan
- It is a behavior embedded within a social-ecological context
- Future work must examine the interplay predictors across the levels of this context to gain full picture of the predictors of sleep and specific interventions to address sleep

# Ways to improve family sleep

- Get up at the same time each day 
- Get early morning sunlight exposure 
- Have a bedtime routine 
- Stay physically active 
- Only go to bed when you're sleepy 
- Wind down before bedtime 
- Avoid caffeine and alcohol before bedtime 
- Socialize and engage in enjoyable activities 



# Thank you!

**The UT Dallas Close Relationships and Health Lab**

**The UNT Sleep and Health in Everyday Life Lab**

## **Funding Sources**

The Lewis Foundation  
UTD SPIRe funding

## **Collaborators**

May Yuan  
Margaret Owen  
Jackie Nelson

Rob Ackerman

## **Contact:**

- [Heidi.kane@utdallas.edu](mailto:Heidi.kane@utdallas.edu)
- [danica.slavish@unt.edu](mailto:danica.slavish@unt.edu)

# Resources

- If you have had severe trouble falling asleep or staying asleep for 3+ nights/week for 3+ months, consider CBT-I.
- Finding a CBT-I provider:  
<https://cbti.directory/>
- Free CBT-I app:  
<https://mobile.va.gov/app/insomnia-coach>

## Cognitive Behavioral Therapy for Insomnia (CBT-i)



Cognitive Behavioral Therapy for Insomnia (CBT-i) is an evidence-based, short term treatment for chronic insomnia.

### WHO CAN USE CBT-i?

CBT-i has demonstrated clinical efficacy in **adolescents and adults** diagnosed with insomnia.

### WHAT DOES CBT-i INVOLVE?

Typically, CBT-i involves **4-8 therapy sessions** with a licensed healthcare provider (e.g. clinical psychologist, social worker, physician, nurse practitioner).

### WHEN CAN CBT-i HELP?

When difficulties falling asleep and/or staying asleep **cause significant distress & impairment**.

### WHERE CAN I ACCESS CBT-i?

Refer to the Society of Behavioral Sleep Medicine's [list](#) of CBT-i providers or ask your physician about referral to a local CBT-i provider.

### WHY CBT-i?

In clinical trials, CBT-i was **more efficacious** and **durable** than sleep medication alone. It **costs less**, has **fewer side effects**, and is **preferred** by most people.

### HOW DOES CBT-i WORK?

CBT-i uses talk therapy to **examine unhelpful thoughts, emotions, and behaviors** that maintain insomnia. It uses scientifically-based interventions to uproot negative beliefs about sleep.