

INTRODUCTION / BACKGROUND

Socioeconomic Status and Sleep

- Sleep is essential to health (Ramar et al., 2021)
- Higher socioeconomic (SES) status is related to better health and sleep quality
 - For Mexican-Americans over 75, lower SES and poor health were associated with poor sleep quality and greater sleep complaints (Pedraza et al., 2015)
 - Poor sleep quality is strongly associated with poverty and race (Patel et al., 2010)
- Household chaos may explain the association between SES and sleep in Hispanic/Latino families

Household Chaos

- Household chaos is defined as disorganization characterized by noise and crowding within the home (Stephanie et al., 2022)
- Initial evidence suggests that household chaos mediates the relationship between SES and sleep
 - Higher SES is also linked to lower household chaos (Moore et al., 2002)
 - Higher household chaos is associated with adverse outcomes in parenting, family, and household functioning as well as physical health and health behaviors (Marsh et al., 2020)
 - Household chaos emerged as a mediator that linked income-to-needs ratio and subjective sleep issues among African American women (El-Sheikh et al., 2015)
 - Household chaos explained the link between SES and the sleep quality of adolescents (Philbrook et al., 2020)

METHODS

Participants

- N = 43 Hispanic/Latino primary caregivers of at least one child who is 1 to 5 years old
- Age: $M = 35$ years with a range of 25 to 44 years
- 98% women

Procedure

- Completed background measures including sociodemographic information at a home visit
- 10-day daily diary in which participants reported on perceptions of daily household chaos each night and their sleep each morning upon waking

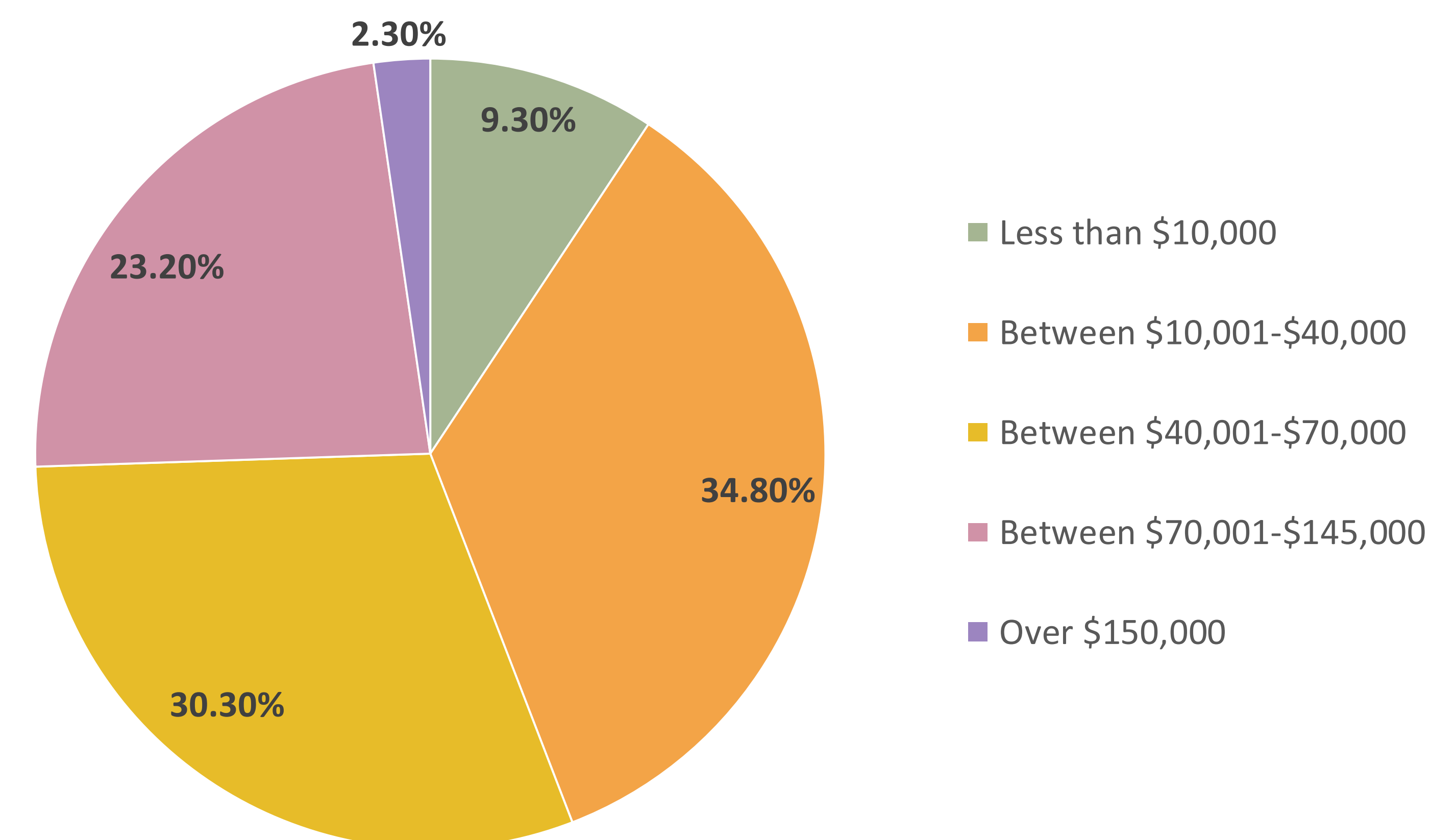
Household chaos: (6 items, $\alpha = 0.70$) e.g., “We were unable to find things we needed in our home”

Sleep duration: parents reported their sleep duration in hours

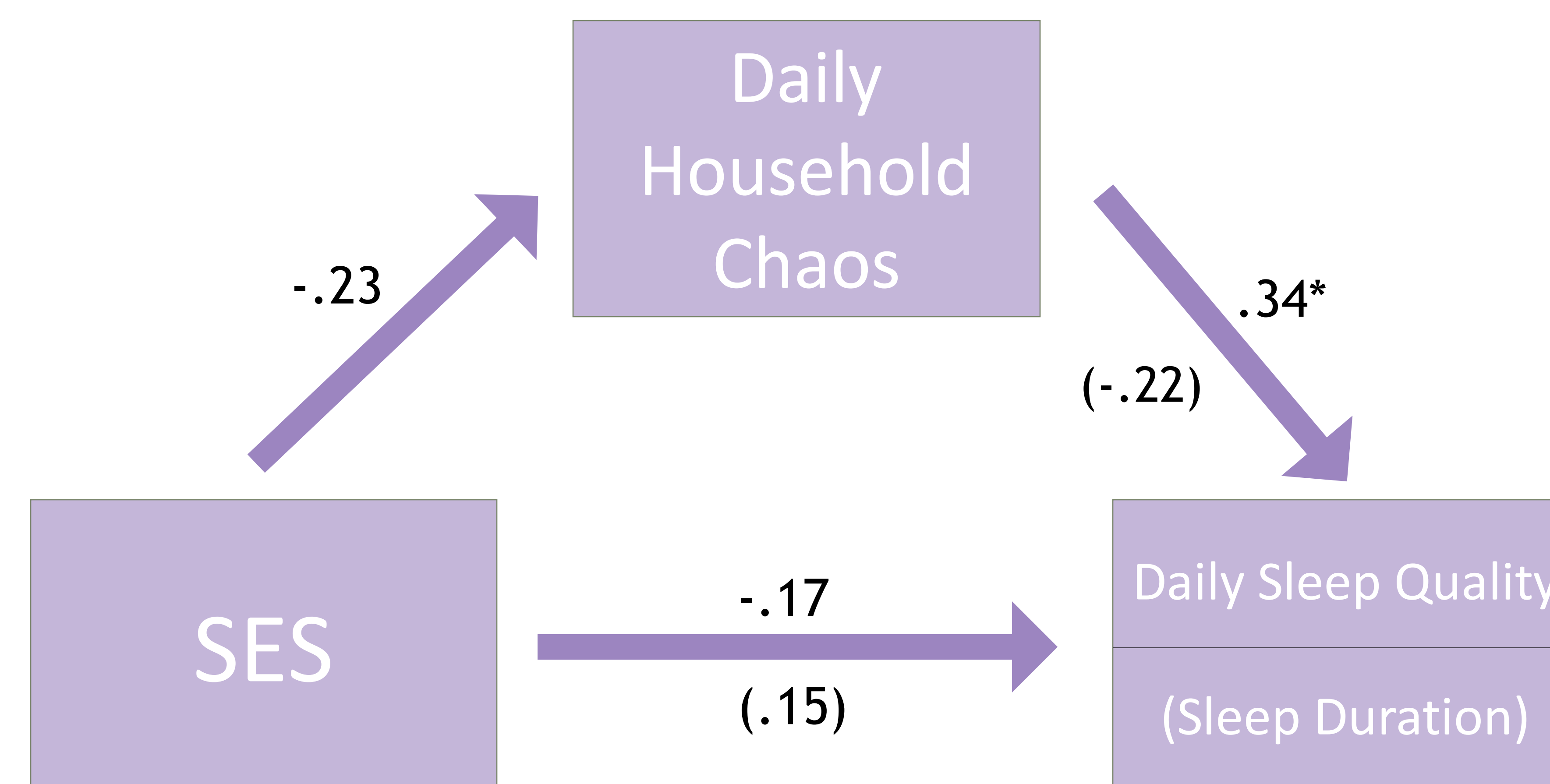
Subjective sleep quality: “How would you rate your quality of sleep?” 1 = poor and 5 = very good

SES: based on participant report of total household income

Thinking about ALL of the money earned by ALL adults in your household living with you combined over the past 12 months (including money from various jobs; net income from a business, farm, or rental; pensions; dividends or inheritance; interest; social security payments; earned income tax credits; child support; welfare benefits or other money from the government; and any other money income received), which category best describes your total household income?



RESULTS



Note: bivariate correlation coefficients

DISCUSSION

Primary Findings

- Contrary to hypotheses:
 - Income was not significantly correlated with household chaos or sleep quality
 - Household chaos was not significantly correlated with sleep duration
- Consistent with hypotheses:
 - Greater household chaos was significantly related to poorer sleep quality

Implications

- Interventions could be developed to:
 - Help individuals and families reduce chaos in the home, such as creating more structure and routines, decluttering, and minimizing noise and distractions during bedtime.
 - Target the underlying factors contributing to household chaos, such as poverty or lack of social support.

Limitations

- Correlational data preclude causal claims
- Small sample size
- Self-reported data, which can be biased

Strengths

- Large range of incomes in sample
- Focus on Hispanic/Latino families

Future Directions

- Larger sample size: our small sample size could have limited our findings; with a larger sample there is greater reliability of our findings.
- Target non-caregivers and caregivers alike: Does household chaos occur in the same or similar fashion among those without children as it does in the home of primary caregivers?
- Focusing on different racial groups can help us:
 - Investigate cultural difference in the perception of chaos determine if it may affect their sleep and health in any way.
 - Determine whether there is a similar rate of household chaos in comparison to those with similar SES.

PRESENT STUDY

Goal

To determine if household chaos may explain the association between SES the sleep quality among Hispanic/Latino parents with children between the ages of 1 and 5.

Specific Hypotheses

Parents with lower SES will report greater household chaos, and, in turn, poorer sleep quality and shorter sleep duration.

REFERENCES

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