

Gender Disparities in Relationships between Financial Hardship and Sleep Disturbances among US Adults during the COVID-19 Pandemic

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INTRODUCTION

- Financial hardship (FH) during the pandemic has been associated with poor sleep health.
- Differences in the FH-sleep association by gender may exacerbate sleep health disparities.
- Few studies have investigated gender differences in the FH-sleep association.

RESEARCH OBJECTIVE

To investigate associations between FH and sleep disturbances by gender among US adults

METHODS

Data Source	Nationally representative COVID-19'S Unequal Racial Burden Survey N=5,500 adults aged ≥18 years
Study Design	Cross-sectional (December 2020 to February 2021)
Exposure: Financial Hardship	Any vs. none Substantial, some, or little vs. none
Outcome: Sleep Disturbances	Score on the 4-item Patient-Reported Outcomes Management Information System (PROMIS) Sleep Disturbance Short Form
Potential Confounders	Sociodemographic, health behavior, and health characteristics
Analysis	Adjusted, weighted linear regression

CONCLUSION

Women were more likely than men to report financial hardship.

Women reported more severe sleep disturbances than men.

Some and substantial hardship were associated with comparably higher sleep disturbance severity among men and women.

Little financial hardship was associated with higher sleep disturbance severity among women. There was no association among men ($p_{\text{interaction}} = 0.02$).

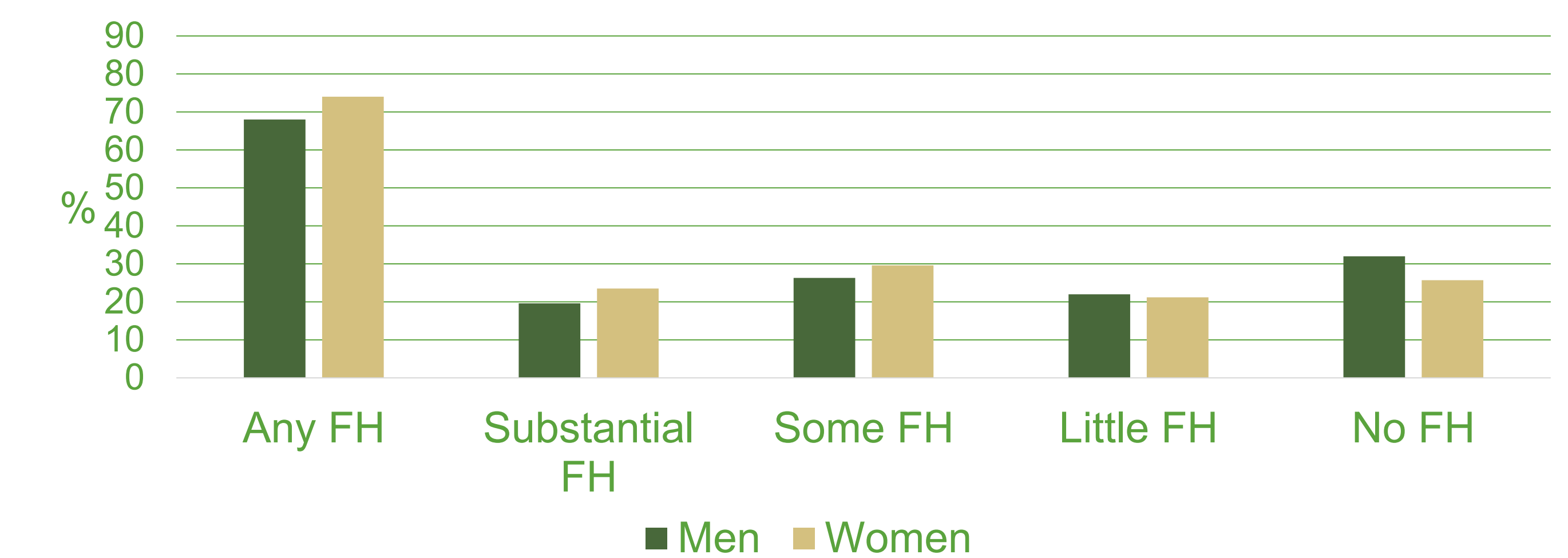
PUBLIC HEALTH IMPLICATIONS

Financial hardship during the COVID-19 pandemic may have differentially impacted sleep health across gender groups in the US.

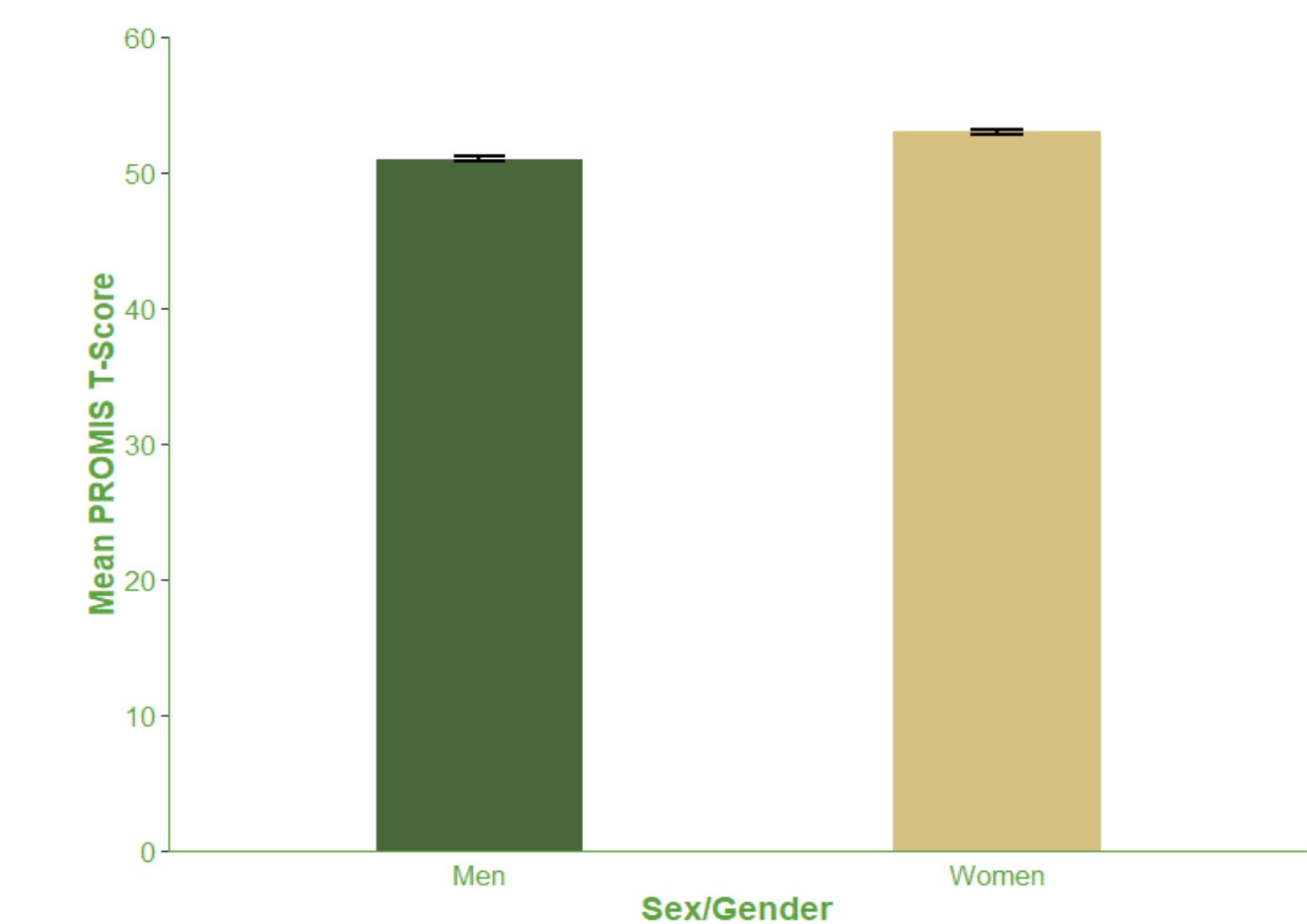
Tailored interventions may be especially beneficial among women who were disproportionately burdened by financial hardship.

RESULTS

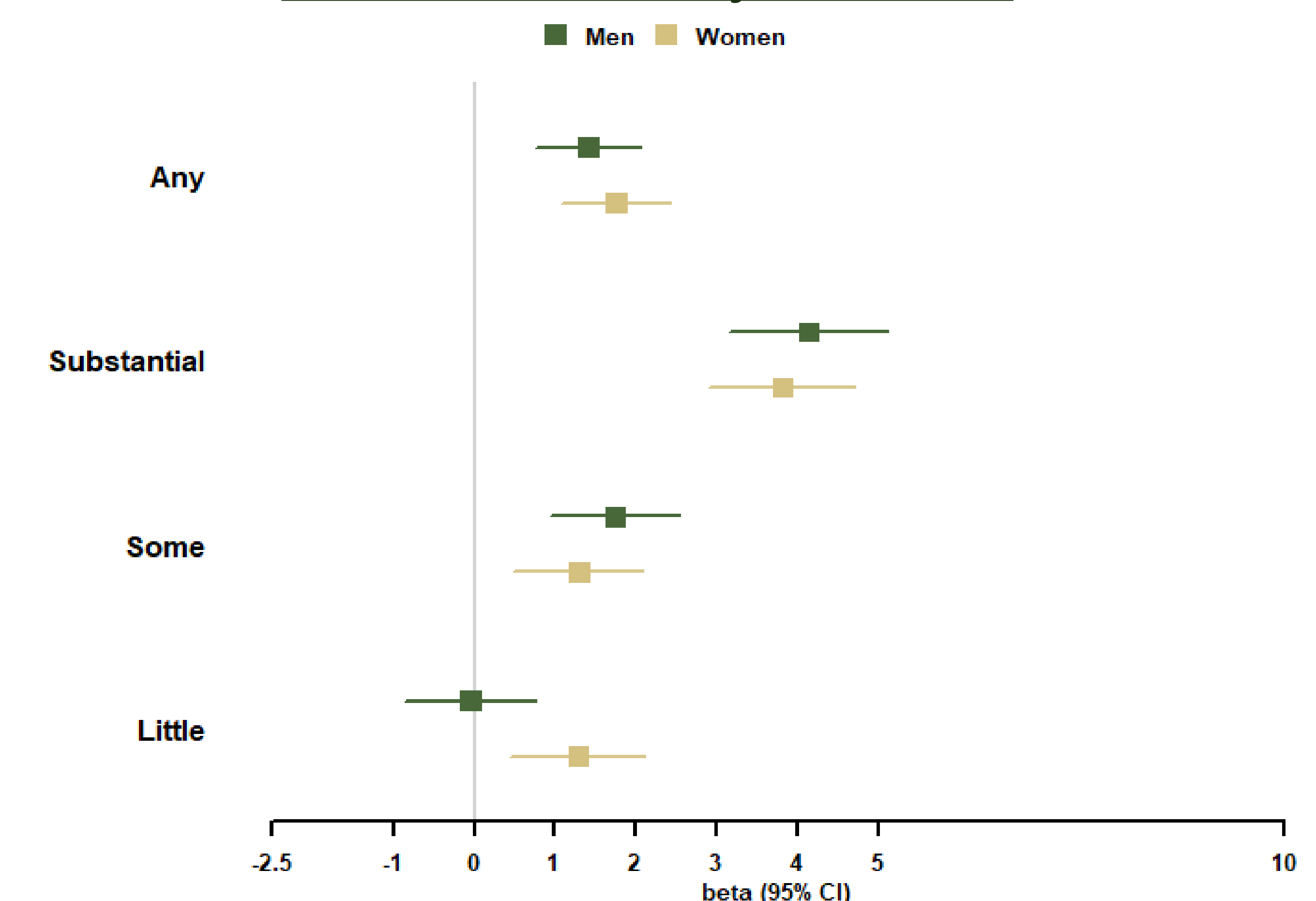
FH by Gender



Sleep Disturbances by Gender



FH vs. None by Gender



Models were adjusted for age, race-ethnicity, marital status, current full or part-time employment, current telework, educational attainment, receipt of financial assistance or COVID relief, region of residence, children in household, alcohol consumption, physical activity, fair/poor self-rated physical health, fair/poor self-rated mental health, and psychological distress.