

Sleep Disparities in Sexual Minorities with Depression: A Comprehensive Analysis

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BACKGROUND

- Our study explores sleep health disparities among adults with depressive episodes, focusing specifically on sexual and gender minorities (SGM).
- Given the high prevalence of sleep disturbances in this population, we primarily aim to understand the influence of sexual orientation, alongside sociodemographic factors, on sleep health.

OBJECTIVES

- To determine the prevalence of sleep difficulties among sexual minorities with depressive episodes.
- To assess how sociodemographic factors, including education and ethnicity, relate to sleep health in this population.
- To identify potential disparities in sleep quality between different sexual orientation groups.

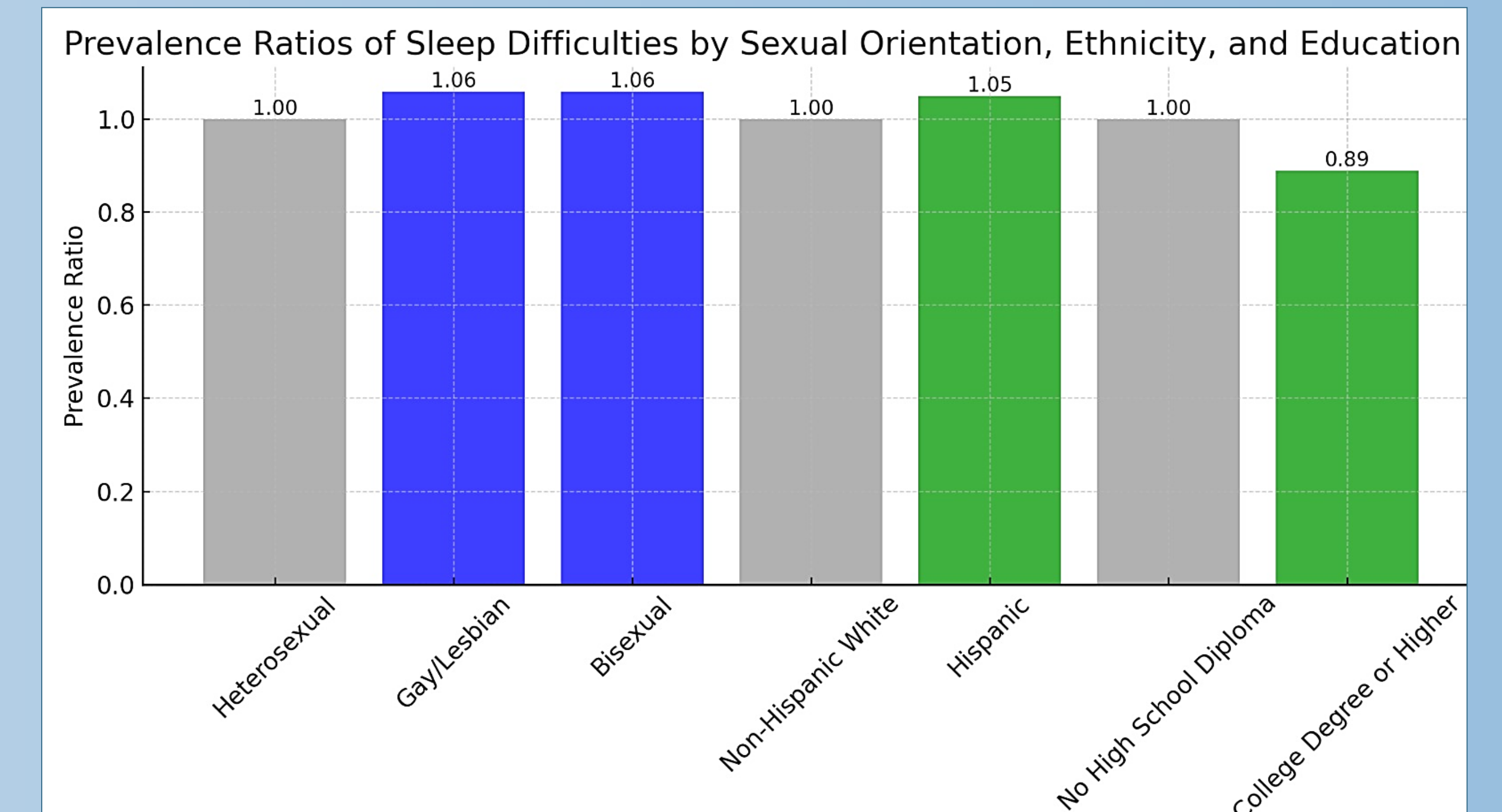
METHODS

- Data from the 2020-2021 National Survey on Drug Use and Health (NSDUH) was analyzed, with a sample of 15,244 individuals who experienced depressive episodes.
- Weighted estimates were used to accommodate the survey's multistage sampling design.
- Descriptive statistics were employed to assess the prevalence of various factors (e.g., tobacco/nicotine use, age, gender, ethnicity, income, marital status, education).
- Generalized linear models with Poisson distribution and log-link function estimated adjusted prevalence ratios for each covariate to evaluate relationships between these factors and sleep difficulties.

RESULTS

- Notable disparities in sleep health were identified based on sexual orientation and sociodemographic factors among individuals with depressive episodes.
- Gay/lesbian individuals and bisexual individuals were more likely to report sleep difficulties than heterosexuals, with an increased prevalence of **1.06** times ($p = 0.038$ for gay/lesbian, $p = 0.009$ for bisexual).
- Educational attainment provided a protective effect; individuals with a college degree or higher were **0.89** times less likely to report sleep difficulties than those without a high school diploma ($p < 0.001$).
- Hispanic individuals were **1.05** times more likely to report sleep issues compared to non-Hispanic Whites ($p = 0.015$).
- These findings highlight the significant role of both sexual orientation and sociodemographic factors in contributing to sleep health disparities in individuals with depressive episodes.

Demographic Group	Comparison Group	Prevalence (%)	Adjusted Prevalence Ratio	p-value
Total Population	-	82.3	-	-
Females	-	61.3	-	-
Non-Hispanic Whites	-	71.3	-	-
Gay/Lesbian	Heterosexual	4.63	1.06	0.038
Bisexual	Heterosexual	14.1	1.06	0.009
College or Higher	No High School	-	0.89	<0.001
Hispanics	Non-Hispanic Whites	-	1.05	0.015



CONCLUSIONS

- The findings emphasize the presence of sleep health disparities among sexual and gender minorities experiencing depressive episodes.
- Gay/lesbian and bisexual individuals face a higher risk of sleep difficulties, highlighting the need for mental health interventions that are sensitive to sexual orientation.
- The protective effect of higher educational attainment suggests that enhancing access to education and related resources may improve sleep health outcomes.
- The increased prevalence of sleep difficulties among Hispanic individuals points to the need for culturally tailored approaches in mental health care.
- Addressing these disparities through individualized and culturally sensitive therapeutic strategies can contribute to better sleep health and overall well-being for these populations, underlining the importance of integrated, comprehensive care in managing depressive disorders.

REFERENCES

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