Investigating the Association Between Insufficient Sleep Duration and Mental Health in Disaggregated Asian-American (AA) Subgroups using the National Health Interview Survey (2006 - 2018)

Wendy Yangyiran Xie*, Shreya Gunda*, Sukhman Parhar, Miguel EV Rodriguez, Armaan Jamal, George A. Hung, Nicholas Kikuta, Adrian M. Bacon, Robert J. Huang, Gloria S. Kim, Latha P. Palaniappan, Malathi Srinivasan, Lauren Eggert
Stanford Center for Asian Health Research and Education, Stanford University School of Medicine, Stanford, California, United States of America

*contributed equally

Introduction
- One-third of Americans suffer from insufficient sleep (<7 hours)
- Asian Americans (AA) report higher prevalence of insufficient sleep than Non-Hispanic Whites (NHW)
- Insufficient sleep is linked with high risk for psychological distress
- We explore the association between sleep insufficiency (<7 hours) and psychological distress quantified by the Kessler Psychological Distress Scale (K6)

Methods
- Overall sleep insufficiency prevalence of 33%
  - Highest: 38.4% for Filipinos
  - Lowest: 24.5% for Asian Indians
- Overall psychological distress prevalence of 4%
  - Highest: 3.47% for NHW
  - Lowest: 1.18% for Asian Indian

Results
- Insufficient sleep is associated with increased K6 score (increased psychological stress) with an prevalence ratio of 2.53 (2.40-2.67) in fully adjusted mode
- In stratified analysis, insufficient sleep is correlated with K6 with variable prevalence ratios in different Asian subgroups.

Conclusions
- Insufficient sleep is associated with psychological distress and varies among AA subgroups.
- Considering heterogeneity of AA in sleep and psychological distress is important.

Reference