

PRELIMINARY FINDINGS ON SOCIAL DETERMINANTS AND GENDER DIFFERENCES IN SLEEP HEALTH DISPARITIES:

A DESCRIPTIVE ANALYSIS IN HONG KONG 2024

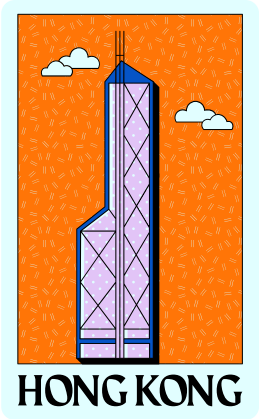
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INTRODUCTION

- Sleep health is influenced by social and structural factors such as income, housing, commuting, and noise.
- These factors may affect men and women differently, especially in urban settings like Hong Kong.



OBJECTIVE

This study examines how these factors affect sleep duration, time to fall asleep, and sleep adequacy, while exploring gender differences.

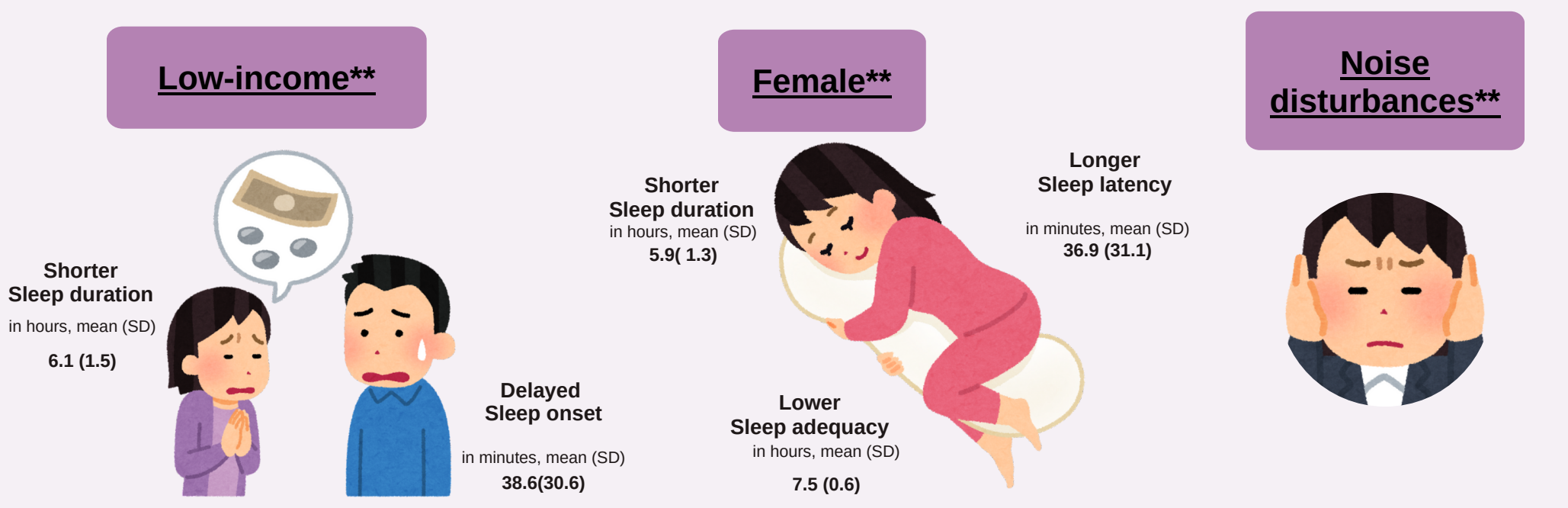
METHODOLOGY

- A survey was conducted with 500 adults in Hong Kong, 2024.
- Descriptive statistics (mean, standard deviation, and frequencies) summarized sleep data:
 - sleep duration,
 - time to fall asleep, and
 - sleep adequacy.
- Other factors like income, sex, housing, commuting time, noise, and health behaviors were also examined.
- Comparisons were made between gender groups and income levels to identify patterns in sleep disparities.

RESULTS

- Preliminary findings show that income impacts sleep. People with lower income reported shorter sleep duration (mean = 6.10 hours, SD = 1.47), longer time to fall asleep (mean = 38.75 minutes, SD = 30.60), and lower sleep adequacy (mean = 7.57 hours, SD = 0.59).
- Women had shorter sleep duration (mean = 5.91 hours, SD = 1.34), longer sleep latency (mean = 36.93 minutes, SD = 31.09), and lower sleep adequacy (mean = 7.53 hours, SD = 0.60) compared to men.
- Noise disturbances were more common in lower-income groups, worsening sleep outcomes.

RISK FACTORS



CONCLUSION

- Income and environmental factors contribute to sleep health disparities in Hong Kong.
- Women and those with lower income are more affected, indicating a need for targeted interventions to address these inequalities.

SUPPORT

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