

Investigating the relationship between socioeconomic status and sleep duration in people aged 35-70 years in Ardabil in 2019: a cohort study

Abstract

Background: Sleep represents a set of biological functions that are necessary to maintain life. Race, ethnicity and socio-economic status indicate the group of factors that probably play a role in the sleep experience in society. The duration and quality of sleep both vary in the population as a function of socio-demographic and socio-economic factors. In order to elucidate the social determinants of sleep, a broad approach simultaneously including different types of socio-demographic and socio-economic factors across the life course is needed.

Aim: Determining the relationship between socio-economic status and sleep duration in people aged 35-70 years in Ardabil in 2019: a cohort study

Materials and methods: In this cross-sectional study, data from the Persian cohort of Ardabil were required . The statistical population is the population of 35 to 70 years living in Ardabil and 20460 participants were selected by census method and all the people who had sleep duration information were included in the study. The data collection tool included a checklist based on the objectives of the study, in which all patient information (sleep duration, family assets, gender, occupation, education) was collected from the Persian Cohort Center in Ardabil, and finally, all data was entered into the SPSS software for analysis.

Results: According to the results of the study, the average sleep duration in Ardabil cohort population was 8 to 10 hours. In terms of gender, women had significantly better average sleep duration and sleep quality than men, but the occurrence of sleep disorders and the use of sleeping pills were more in women. In terms of age, the elderly had a lower average sleep duration and sleep quality compared to young people, and disorders Sleep and the use of sleep medicine were significantly more in the elderly. In terms of education level, the average duration and quality of sleep was lower in higher education level, but sleep

disorders and drug use were significantly higher in lower education level. According to the socio-economic status, the average sleep duration was less in rich people, but sleep disorders and the use of sleeping pills were significantly higher in people with lower socio-economic status.

Conclusion: The study shows that sleep duration, sleep quality, and occurrence of sleep-related disorders are affected by various demographic factors such as socio-economic status, education level, age, and gender, and these factors should be considered in order to improve sleep status.

Keywords: socio-economic status, sleep duration, demographic characteristics, gender