

The No-Sleep Club: How does lack of sleep affect the youth in low income communities ?

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Background:

Sleep is essential for teenagers' physical health, mental health, learning, and emotional well-being. Research shows that teens living in low-income communities often get less sleep because of stress, neighborhood conditions, family responsibilities, and limited access to healthcare. Rural and urban communities face different challenges that can affect sleep quality and daily behavior.

Study Design

Sources Reviewed: 6 peer-reviewed journals and credible organizations
Analysis: Compared findings across multiple studies on sleep deprivation in rural and urban adolescents.

Analysis

Researchers compared:

- Rural vs. urban communities
- Income levels
- Mental health outcomes
- Sleep duration
- Access to healthcare

Patterns across studies were used to identify common themes.

Primary Finding

- Low-income teens experience less sleep, leading to poorer health, mood, and school performance.

Supporting Findings

- Black and low-income children slept significantly less than other groups.
- Living in poorer neighborhoods is linked to worse sleep quality.
- Rural youth often have fewer healthcare resources for sleep disorders.

Discussion & Implications

The research suggests that sleep deprivation is a major public health issue for adolescents in low-income communities. Although both rural and urban teens experience sleep problems, the causes differ. Improving sleep education, increasing healthcare access, and addressing community conditions may improve teen health and academic success.

Secondary Finding Evidence

Low-income youth sleep less
Multiple studies reported shorter sleep duration.

Sleep affects mental health
Increased anxiety, depression, and mood problems.

Neighborhood matters
Poorer neighborhoods are associated with worse sleep quality.

Participants & Setting Population

- Adolescents (ages 12–18)
- Rural and urban communities
- Low-income households

Setting

- Studies from the United States and India
- Data collected through surveys, questionnaires, and national research studies

Key Findings

- Lack of sleep increases stress, anxiety, depression, and difficulty concentrating.
- Poor sleep is linked to lower academic achievement.
- Poverty and neighborhood conditions contribute to shorter sleep.
- Rural communities often have fewer sleep-related healthcare services.
- Urban teens experience more environmental sleep disruptions such as noise and light pollution.

Limitations

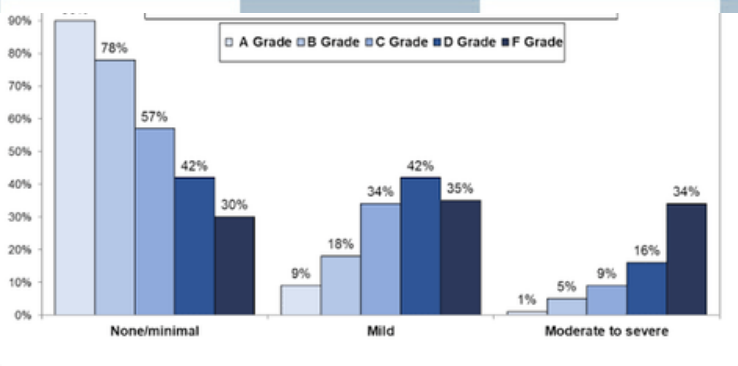
- Some studies focused only on certain age groups or genders.
- Rural and urban communities vary by location.
- Most studies show associations rather than direct cause and effect.

Take-Home Message

Sleep deprivation affects teens in both rural and urban low-income communities, but the causes differ. Improving sleep can support better mental health, school performance, and overall well-being.

References

- PNAS (2022). Disparities in Sleep Duration Among American Children.
- Arizona State University (2023). Living in Impoverished Neighborhoods Can Affect Sleep.
- PubMed Central (2022). Socioeconomic Status and Sleep in Adolescence.
- National Community Reinvestment Coalition (2021). Sleep Is a Cyclical Inequity for Those in Poverty.
- Rural Monitor (2023). When It's Not Enough: Sleep's Impact on Rural America's Health and Safety.
- Singh, N., Jha, N. A., & Kumar, V. (2023). Urbanisation Negatively Impacts Sleep Health and Mood in Adolescents



Data Sources & Measures Sources

- PNAS (2022)
- Arizona State University (2023)
- PubMed Central (2022)
- National Community Reinvestment Coalition (2021)
- Rural Monitor (2023)
- Measures
- Sleep duration
- Mental health
- Academic performance
- Neighborhood environment
- Socioeconomic status