"Something Has to Give": An Urban Community-Engaged Study of Adolescent Sleep

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BACKGROUND & SIGNIFICANCE
- Sufficient sleep is critical to adolescent health, daily function, and school performance1-11
- 70% of US adolescents do not get the recommended amount of nighttime sleep2
- Few studies have examined the perspective of adolescents attending school in an urban community and sleep

AIM
To explore multi-level influences on adolescent sleep health and behavior from the perspectives of adolescents, parents, and school personnel

METHODS
- Community-engaged focus group study13-16
- Community Advisory Board (CAB) provided guidance on all aspects of project—recruitment, questioning route & interpretation of findings
- Induction criteria: community member & contact with adolescents (home, school or community agency), English speaking & willingness to participate

Data Analysis
Focus groups audio-recorded, transcribed, loaded into ATLAS.ti & analyzed for themes using Content Analysis17

RESULTS
- 7 focus groups (N=46)
  - 3 teen, 2 parent, 1 Nurse/NP, 1 Teacher/SW
  - 3-10 participants in each group
  - 30-76 minutes each

THEMES
Knowledge & Beliefs
- Attitudes: "Sleep is Boring"—Teen: They're studying in bed; they're socializing in bed
- "They're doing everything in bed"—Nurse
- Knowledge: "I don't think anyone gets 8 hours..."—Teen
- "Health not 100% if you do not sleep"—Parent
- Misconceptions: "Some people are like you can catch up on sleep."

Sleep Habits
- Sleep Routine:
  - "Waking Up: Everyone has their own habits and routines"—Parent
  - "Weekends & Summer: I barely go to sleep at all!"—Teen
  - "Naps: I was sleeping for so long. It's like a mini-nighttime"—Teen
  - "Nighttime-Socializing: Wake me up...It woke the whole group chat"—Parent

Causes of Decreased Nighttime Sleep
- *Pack* schedule: "I had a very heavy workload...going to sleep early was not happening"—Teen
- Homework: "I'm up until 2:30"—Teens
- Family Responsibilities: "I have to bring my mom to work...I have to get up at 6:30"—Teen
- Mental Health: "I can't believe the stressful lives and traumatic things that are going on in some of their lives"—Teacher/SW
- Environment: "Music, motorcycles, you know fights...It's difficult"—Parent

Consequences of Decreased Nighttime Sleep
- Health: "They'll come in for a headache...but it's really because they didn't sleep"—Nurse
- Mood: "Bitterable, mood attitude, want to kill the world because they didn't go to bed"—School
  - Attendance: "They sleep right through their alarms and don't hear it"—Parent
  - Engagement: "We see kids everyday who have fallen asleep in school"—Teacher/SW
  - Performance: "you only get 2 hours of sleep you're...falling asleep on the test"—Teen
- Accommodating needs of tired students—"Try to clean up information they missed in the next class"—Teacher

Solutions & Ideas
- **The Phrase**: "To give it up is a big deal"—Teacher
- **Sleep Education**: "I think education is a big thing...a lot of us don't know. We literally don't know"—Teen
- **School Schedule**: "I'd rather have it like in middle school, we started at 7:15 and came out at 3:30"—Teen