

**Race/Ethnic Differences in Educational Gradients in Sleep Duration and Quality among
U.S. Adults**

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Abstract:

In the United States greater educational attainment is associated with better health and fewer sleep problems. Whether racial/ethnic minorities receive the same sleep benefit as non-Hispanic Whites from increased educational attainment remains unclear. Using the 2004-2017 National Health Interview Survey (N=398,382), we estimated multinomial (self-reported sleep duration) and negative binomial (self-reported sleep quality) regression models to examine if the educational gradient in sleep varied across race/ethnicity. After adjustment for demographic, physical/mental health, behavioral health, and other socioeconomic characteristics, higher educational attainment was associated with fewer sleep problems among White adults. The finding was reversed for Black and Latino adults; higher educational attainment was associated with shorter sleep duration and worse sleep quality. This work builds on previous work illustrating the health costs highly educated Black and Latino adults often pay for social mobility.