

SLEEP HEALTH EQUITY



Sleep is a basic biological need that works to restore the brain and the body from the stress and demands of every day, yet, over 35% of people do not receive the recommended amount of sleep at night. This widespread sleepiness comes at significant cost to our overall health. The burden of sleep loss is disproportionately experienced by racially minoritized people in the U.S. Addressing the racial sleep gap is key to the development and integration of solutions that promote health equity and justice.

KEY DEFINITIONS

- sleep: a daily recurring state of behavioral calm that helps regulate the brain and the body
- health equity: each person in a society has the ability to attain their full health potential

ADDITIONAL RESOURCES

- [For adults](#): Stop doomscrolling and get ready for bed. Here's how to reclaim a good night's sleep
- [For parents](#): Will I Ever Sleep Again?
- [For everyone](#): Where do we go when we go to sleep?

ACTION ITEMS

- Advocacy for safe and healthy sleep environments for all people
- Enrichment of personal spaces to encourage sleep behavior

