

sleepiness was associated with job loss (OR=1.84,p=0.043). More napping was associated with financial impact (OR=1.89,p=0.017) and worry (OR=1.88,p=0.017), impact to job (OR=1.89,p=0.016) or lost job (OR=1.81,p=0.041), and decreased likelihood of believing things will return to normal (OR=0.45,p=0.003).

Conclusion: Pandemic-related stress was linked with sleep disturbances. Worse sleep was indicative of increased social isolation, greater financial fears, more job-related impacts and less of a general sense that things would return to normal.

Support (if any): Supported by T32HL007249, R01MD011600, R01DA051321

201

COVID-19 PANDEMIC SLEEP DISTURBANCES RELATED TO STRESS EXPERIENCES AT THE US-MEXICO BORDER

Tommy Begay,¹ Dora Valencia,¹ Sadia Ghani,¹ Marcos Delgado,¹ Purnima Madhivanan,¹ Karl Krupp,¹ John Ruiz,¹ Azizi Seixas,² Giardin Jean-Louis,² William Killgore,¹ Chloe Wills,¹ Michael Grandner¹

¹University of Arizona, ²NYU Grossman School of Medicine

Introduction: The COVID-19 pandemic has impacted many individuals at the vulnerable US-Mexico border region in a variety of ways. Fear, worry, and stress have increased for many, as has poor sleep. The present study evaluated the degree to which worsened sleep due to the pandemic impacted stress experiences.

Methods: Participants were N=155 individuals who completed the Nogales Cardiometabolic Health and Sleep (NOCHES) and were contacted about completing a COVID sub-study (95% Hispanic/Latino). They were asked the degree to which their sleep worsened due to the pandemic. They also reported the degree to which they agreed with statements regarding various pandemic-related stress experiences. These included infection-related stresses, stresses about community impact, personal psychosocial stresses, stresses about consequences of potential infection, media and society-related stresses, feelings of safety, and how the pandemic has impacted home life. Ordinal logistic regressions were used to determine whether changes in sleep were associated with agreement with statements about pandemic-related stress experiences, adjusted for age, sex, financial status, education, and mental health (PHQ4).

Results: Those who perceived that their sleep worsened were more likely to report greater endorsement of beliefs that they were infected (ordinal Odds Ratio [oOR]=2.82,p<0.0005), they could possibly be infected (oOR=1.98,p=0.003), they feared testing (oOR=1.94,p=0.006), COVID-19 would impact their community (oOR=1.75,p=0.017) and would do so for a long time (oOR=1.90,p=0.006), they experience more general (oOR=4.10,p<0.0005), financial (oOR=3.15,p<0.0005), food-related (oOR=2.97,p<0.0005), housing-related (oOR=2.14,p=0.002), family-related (oOR=2.53,p<0.0005) and relationship (oOR=3.37,p<0.0005) stress, their shopping was impacted by scarcity (oOR=1.76,p=0.014), and they are at high risk for COVID (oOR=1.87,p=0.008). Furthermore, media coverage of COVID-19 had increased their stress (oOR=2.46,p<0.0005), there is too much panic about COVID-19 (oOR=1.67,p=0.032), and they themselves are scared of getting COVID-19 (oOR=1.95,p=0.005), worried about the future (oOR=1.71,p=0.022), feel less secure (oOR=0.59,p=0.028), are thriving less (oOR=0.40,p<0.0005), and their mental health is not improving (oOR=0.46,p=0.002).

Conclusion: Worse sleep due to the COVID-19 pandemic was associated with increased reports of stresses across a wide range of domains. Perhaps sleep health interventions could improve social and emotional health in these domains and reduce stress experiences and better cope with the pandemic. Alternatively, mental health interventions should perhaps be targeted to this population.

Support (if any): R01MD011600, R01DA051321

202

COVID-19 PANDEMIC SLEEP DISTURBANCES RELATED TO DIETARY BEHAVIOR AT THE US-MEXICO BORDER

Dora Valencia,¹ Sadia Ghani,¹ Marcos Delgado,¹ Purnima Madhivanan,¹ Karl Krupp,¹ John Ruiz,¹ Azizi Seixas,² Giardin Jean-Louis,² William Killgore,¹ Chloe Wills,¹ Michael Grandner¹

¹University of Arizona, ²NYU Grossman School of Medicine

Introduction: The COVID-19 pandemic has disrupted life at the US-Mexico border in many ways, including sleep and dietary behavior. Given the potential long-term impact of worsening sleep and metabolic health due to the pandemic, the present study examines whether changes to dietary behavior were associated with changes to sleep.

Methods: Participants were 155 individuals who completed the Nogales Cardiometabolic Health and Sleep (NOCHES) Study and were contacted about completing a COVID-19 sub-study (95% Hispanic/Latino). Participants reported the degree to which they experienced pandemic-related changes to sleep, including a more regular schedule, overall improvement, overall worsening, more initial insomnia, more middle-of-the-night insomnia, more daytime sleepiness, and more napping. They were also asked whether as a result of the pandemic they consumed an overall healthier diet, more homecooked meals, more processed meals, more regular meals, whether they enjoyed food more, and degree of overeating. Ordinal regressions with diet change as outcome and sleep change as predictor were adjusted for age, sex, education, and socioeconomic status.

Results: Those who reported more regular sleep were more likely to report a healthier overall diet (oOR=3.12,p<0.0005), more homecooked meals (oOR=2.18,p=0.001), more enjoyment of food (oOR=1.71,p=0.028), and less likelihood of overeating (oOR=0.59,p=0.033). Similarly, those who reported more "improved" sleep reported healthier overall diet (oOR=7.42,p<0.0005), more homecooked meals (oOR=2.59,p=0.001), more regular diet (oOR=2.15,p=0.006), more enjoyment of food (oOR=2.92,p<0.0005), less consumption of processed foods (oOR=0.54,p=0.039), and less overeating (0.33,p<0.0005). Those whose sleep worsened reported eating more processed foods (oOR=1.78,p=0.030) and overeating (oOR=3.90,p<0.0005). Those who reported more initial insomnia reported eating more processed foods (oOR=1.93,p=0.016), more regular diet (oOR=1.65,p=0.042), and overeating more often (oOR=4.11,p<0.0005). More middle-of-the-night insomnia was associated with eating more processed foods (oOR=2.45,p=0.001), more regular diet (oOR=1.66,p=0.031), and overeating more often (oOR=3.68, <0.0005). Those with more daytime sleepiness also reported eating more processed foods (oOR=2.36,p=0.003), more regular diet (oOR=1.79, =0.019), and overeating more often (oOR=3.28,p<0.0005). More napping was associated with a more regular diet (oOR=1.90,p=0.011) and more overeating (oOR=3.53,p<0.0005).

Conclusion: Overall, worse sleep led to worse dietary behavior, especially eating more processed food and overeating.

Support (if any): Supported by T32HL007249, R01MD011600, R01DA051321

203

CHANGING SLEEP DURING THE COVID PANDEMIC ASSOCIATED WITH DAYTIME COGNITIVE FUNCTION

Anjalee Jajoo,¹ Kathryn Kennedy,¹ Matthew Lujan,¹ William Killgore,¹ Chloe Wills,¹ Michael Grandner¹

¹University of Arizona