

# Comparisons of the sleep quality, daytime sleepiness, and sleep cognitions of Caucasian Australians and Zimbabwean and Ghanaian black immigrants

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**Key Words:**

sleep, Zimbabwe, Ghana, emerging communities, wellbeing

**Research aim:**

Perceptions of sleep quality, daytime sleepiness, and sleep cognitions (beliefs and attitudes) were investigated in a community sample of Caucasian Australians and Black immigrants currently resident in Australia from Zimbabwe (Black Zimbabwean) and Ghana (Black Ghanaian).

**Results/Conclusion:**

After matching participants on age, gender, and socio-economic status, no statistically significant group differences were found on sleep quality, daytime sleepiness, and physical health. However, significant group differences were found on beliefs and attitudes about sleep with Black Zimbabwean and Black Ghanaian participants, attributing sleep difficulties more to physical than psychological phenomena compared to Caucasian Australian participants.

**Implications:**

**Cultural Group(s):**

Caucasian Australians, Black Zimbabwean, Black Ghanaian

**Location of study:**

**Age group:**

not specific to older people (18-60)

**Number included in study:**

176

**Type of participants:**

Caucasian Australian (n = 58), Black Zimbabwean (n = 59), and Black Ghanaian (n = 59), aged between 18 and 60 years was surveyed.

**Research approach:**

Quantitative

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

Pittsburgh Sleep Quality Index, Epworth Sleepiness Scale, Dysfunctional Beliefs and Attitudes about Sleep, and the Short Form-36 Health Survey.

**Implications/ Recommendations:**

**Notes:**

Not specific to older people