



Evidence Search results

Search topic:	<p>We have agreed that an evidence review would be really useful in order to better understand the evidence on sleep issues as a health problem across the life-course (including links to health inequalities, wider determinants of health such as housing and employment problems) and what programmes/interventions are in place elsewhere which we may want to replicate/learn from.</p> <p>Further elements to include: to inform service development and its role in the wider Somerset sleep pathway, looking in particular at children</p>
Date requested:	10/11/25
Date completed:	18/12/25
Search completed by:	Jess Pawley
Number of results selected:	43
Time taken:	9.5 hours

Citing this evidence search

If you reference this search in any paper, publication or presentation, please let us know and use the following format:

Pawley, J, (2025). *Evidence summary: Sleep and wider determinants of health*. Taunton, UK: Somerset NHS Foundation Trust Knowledge & Library Service.

Summary of results

This summary has been generated in part using AI

This search was initially run through CoPilot Researcher, as part of a test cycle of this resource in support of evidence searching. The search was posed through a series of your original search questions, and broken down into its keyword components.

I also then ran the search more widely using standard clinical databases and grey literature sources.

I will pull out key findings in the following summary, [while the full list of results can be found below](#).

There is a lot of information available on this topic, with many overlapping themes. Please see the summary tables: [Wider search](#); [CoPilot Researcher](#)



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I hope this is helpful. Please contact the Library if you would like any further information or would like to revise your search: library@somersetft.nhs.uk.

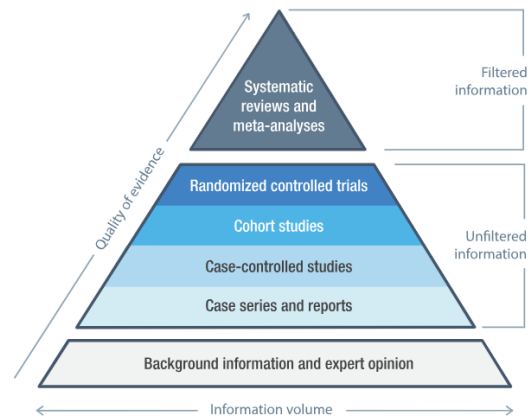
We would like to capture information about the impact this evidence search has had on your practice or decision—making. We can use this to promote this service to others within the Trust and it also ensures this service continues to develop and meet the needs of everyone who uses it. Please take a few moments to complete our short [impact survey](#).

Search results

Full-text access:

Abstracts are provided where available. To check if the full-text of an article is available, click on the links provided and log in with your NHS OpenAthens username and password, if prompted. You can register for an NHS OpenAthens username and password at: <https://openathens.nice.org.uk>. If there is no link, or the full-text is not available to you, please send the details of the article to library@somersetft.nhs.uk or and we will try and find it for you.

For your information, and to help you assess the quality of the research, here is a [hierarchy of the quality of evidence](#) that you may find useful:





Full wider search results

Theme	Key points with links
Children and adolescents	<p>In a review of the literature to date, Shared determinants of poor sleep and increased adiposity or obesity in adolescents aged 8-18 years included: socioenvironmental determinants (gender, ethnicity, pubertal status, academic attainment), behavioural determinants (timing of moderate-to-vigorous physical activity (MVPA), unhealthy diet choices and timing of consumption and screen time and videogaming quantity and timing) and health determinants (wellbeing). (Gale et al, 2025).</p> <p>Limitations to both pharmacological and behavioural interventions in sleep for children/adolescents with ASD, and uncertainty as to long-term effects (Liang et al, 2024)</p> <p>Emerging evidence suggests that the neighbourhood environment can impact paediatric sleep, but this evidence has not yet been systematically reviewed. Acknowledges limitations on the literature: Limited examination of neighbourhood exposures other than socioeconomic status or safety (Mayne et al, 2021).</p>
Sedentary behaviour	<p>Focusing on the mental health of adolescents. Recommends the use of mobile health interventions in targeting this group, but acknowledges that the “effectiveness of mobile health interventions in achieving clinical meaningful mental health improvements for adolescents...is unclear.” (Baumann et al, 2025).</p> <p>Flowchart for referral from primary care to specialist services (page 5) Consider medical reasons for sleep disturbances. Behavioural interventions have positive impact on bedtime resistance (Nottinghamshire Area Prescribing Committee, 2024)</p>
Socioeconomic inequalities	<p>Adverse SDOH are associated with worsened unhealthy sleep. Further research is needed for the implementation of interventions to improve sleep health among marginalized groups more impacted by adverse SDOH (Narcisse et al, 2023)</p> <p>Financial strain is better documented as a social determinant of health than other structural determinants, and impacts on sleep may require more research (Mudd et al, 2024)</p>



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Non-pharmacological approaches	<p>Using CBT-I and/or sleep hygiene interventions led to significant reductions in HbA1c levels, which were clinically meaningful in T2DM. Addressing sleep insufficiency should be an integral part of diabetes care. (Mostafa et al, 2025)</p> <p>Light therapy and melatonin both outperformed evidence-based psychological interventions (Mombelli et al, 2023)</p> <p>CBT-I/behavioural therapies and selected complementary methods (such as acupuncture) provide effective non-pharmacological options for elderly insomnia. Combined treatments (behavioural + medication or acupuncture) may yield the largest short-term PSQI improvements, but potential drug harms in older adults argue for behavioural and other non-pharmacological strategies as the core of treatment, with medications reserved for short-term adjunctive use. (Kwon et al, 2021).</p> <p>Lifestyle Medicine Podcast (link contained within)</p> <p>SLEEP acronym: stress, light, eating, environment, physical activity. (NHS Fife)</p>
Racial and ethnic disparities	<p>In patients of racial/ethnic minorities, there is a disproportionate burden of obstructive sleep apnoea. Neighbourhood environment is found to be contributing factor to this (Johnson et al, 2022)</p> <p>Evidence-based interventions are not well leveraged in this cohort of patients (Hughes, 2022)</p>
Misc	<p>Although IBD sleep research has explored individual-level factors (i.e. age) that impact sleep health, there is a lack of information on the SDOH that can contribute to sleep health. (Yoo et al, 2023)</p>





Table generated using CoPilot Researcher AI:
Provides comparisons with international perspectives
[Full CoPilot Researcher results](#)

Country/Region	Key Features of Sleep Services	Target Population & Access	Integration with Other Services	Outcomes / Notable Insights
United Kingdom (NHS)	<p>Publicly funded sleep medicine clinics in hospitals (often in respiratory or neurology departments). Facing rising referrals (especially for sleep apnoea and insomnia) and workforce shortages. In 2025, a new Optimal Sleep Pathway was introduced to modernise services and reduce backlogs.</p>	<p>All patients with sleep disorders via GP referral (free at point of use). Backlogs mean waits for non-urgent cases; risk that deprived communities might have lower referral rates. Recent efforts emphasize patient voice and equitable access in service design.</p>	<p>Multidisciplinary: Sleep teams include respiratory physicians, neurologists, and psychologists. Strong links with respiratory services (for CPAP therapy in sleep apnoea) and mental health (insomnia therapy via IAPT). Digital insomnia tools (e.g. Sleepio) are being offered alongside therapy. Collaboration with patient charities is part of the new pathway.</p>	<p>Improved Access & Outcomes Expected: The NHS pathway aims to improve outcomes and patient experience at all service levels. Trials integrating digital CBT-I with NHS therapy showed patients had better sleep and mental health, and needed fewer therapy sessions. Challenges remain in addressing regional service gaps and reaching socially</p>





				disadvantaged patients.
United States	Mix of hospital-based and private sleep centers , typically accredited by the AASM (American Academy of Sleep Medicine) for quality standards. Emphasis on overnight sleep studies and medical treatments (CPAP for apnoea, medications) as well as behavioral sleep medicine. Many clinics operate in urban/suburban areas; rural areas often underserved.	Patients with insurance or ability to pay (services can be costly). Focus on adults with obstructive sleep apnoea, insomnia, narcolepsy, etc. Access depends on referral and coverage – low-income, uninsured, and some minority groups face barriers to getting care, contributing to under-diagnosis in those populations.	Specialist-Focused: Sleep medicine is a recognized specialty; clinics often part of pulmonary or neurology divisions. Integration with primary care is limited but growing – e.g. some health systems embed sleep screening in routine check-ups and use home sleep apnoea tests to reach patients who cannot attend labs. Community health programs are emerging (e.g. deploying community health workers to assist with sleep apnea education, transport, and adherence support).	High Quality for Those Reached, but Inequities: Accredited U.S. sleep centers deliver effective care – treating sleep apnoea can improve blood pressure and reduce cardio-metabolic risks, and CBT-insomnia programs yield lasting benefits. However, sleep health disparities persist: e.g. racial minorities and low-SES groups have ~1.6x higher rates of insufficient sleep and often less access to treatment. Efforts like in-home testing and



				community outreach show promise in reducing no-show rates and improving diagnosis in underserved groups.
Australia	Publicly-funded multidisciplinary sleep clinics in major hospitals (and private clinics in some areas). Notably, Australia is innovating with service redesign: e.g. a “Direct-to-Psychology” stepped-care model is being trialled in Queensland so insomnia patients can get faster therapy without waiting for a specialist physician consult. National guidelines (Australasian Sleep Association)	Patients via doctor referral; services covered by Medicare in public hospitals (with capacity limits). Targets all major sleep disorders. Like the UK, demand is high – insomnia affects ~15% annually and obstructive sleep apnoea is common – so clinics often	Integrated & Stepped Care: Hospital sleep units include sleep physicians, technicians, and psychologists. The new stepped-care model channels insomnia referrals directly to clinical psychologists and uses digital CBT-I as a first step. This frees up medical specialists to focus on complex cases. There’s also integration with mental health services and general practitioners for follow-up.	Efficiency Gains & Patient Satisfaction: Early results from stepped-care pilots indicate shorter wait times and high patient/clinician acceptance, with clinical outcomes (sleep improvements) non-inferior to traditional specialist-led care. This model aims to maintain quality while reducing costs and bottlenecks. Australia’s approach





	emphasize CBT-I as first-line for chronic insomnia.	prioritize more severe cases. Rural and Aboriginal communities have limited specialized services, relying on fly-in specialists or telehealth.	Telemedicine is used to connect distant patients with urban sleep specialists.	highlights that task-shifting (to psychologists or digital tools) can preserve outcomes and improve service capacity. Ongoing evaluations will measure long-term health outcomes and cost-effectiveness.
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Please click to jump to results:

- [CoPilot Researcher results](#)
- [Further evidence search results](#)

CoPilot Researcher results:

- **Example from another organisation**

[Combining digital and IAPT therapy can improve sleep, anxiety and depression | Oxford Health NHS Foundation Trust](#)

Use of the Sleepio app in combination with IAPT (Improving Access to Psychological Therapies) in improving the mental health of patients experiencing sleep difficulties.

Reports/guidance

- [New Optimal Sleep Pathway Published to Improve Sleep Medicine Services](#)
Related: [Optimal Sleep Pathway – BSS](#) – British Sleep Society
- [Global Sleep Health |](#) - World Sleep Society

Published articles

- [Understanding and Addressing Social Determinants to Advance Sleep Health Equity in the United States: A Blueprint for Research, Practice, and Policy](#)
White et al, Current Sleep Medicine Reports, 2025

Narrative review

“Further research is needed.”

Paper aims to “serve as a blueprint for advancing sleep equity.”

Acknowledges sleep disparities but states that “research remains limited among rural communities and sexual and gender minorities.”

- [Direct to psychology stepped care model implementation in the multidisciplinary sleep service: study protocol](#)
Winter et al, BMC Health Services Research, 2025



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A Direct-to-Psychology Insomnia pathway can be successfully implemented within a multidisciplinary sleep service when co-designed using implementation science and consensus methods, with stakeholders agreeing that clear inclusion and exclusion criteria—focused on significant insomnia without complex comorbidities—help ensure appropriate referrals. The model requires Sleep Physicians and an Advanced Psychologist with behavioural sleep medicine expertise to oversee triage and gatekeeping for safety, and supports a psychologist-first approach with flexible options such as concurrent or medical-review-first pathways when clinically indicated. Identified barriers, risks, and enablers—including managing complex presentations and ensuring robust referral criteria and communication—shaped refinement of the pathway and provide a foundation for future implementation and evaluation.

[Sleep health disparity and race/ethnicity, socioeconomic status, and gender: a systematic review](#)

Batool-Anwar et al, Sleep Medicine Research, 2024

“..Sleep health disparities are more prevalent among diverse racial backgrounds and those with lower socioeconomic status, with black women experiencing higher rates of short sleep duration and insufficient sleep compared to white women...”

Further evidence search results:

- **Examples from other organisations**

[Improving sleep quality | NHS Fife](#)

[To improve the self-reported quality of sleep of awake patients in critical care](#) – Improvement project, Gloucestershire Hospitals NHS Foundation Trust

[Intensive behavioural intervention to improve sleep in vulnerable children](#) – Health Foundation, Sheffield Children’s NHS Trust, 2016

[Stabilising sleep for patients admitted at acute crisis to psychiatric hospital: a pilot randomised controlled trial](#) – Health Foundation, Oxford Health NHS Foundation Trust





- **Reports/Guidance**

[Part 2: Sleep, loneliness and health behaviours - NHS England Digital](#)

[Guideline On the Management of Sleeping Difficulties in Childhood](#) Nottinghamshire Area Prescribing Committee, 2024

- **Published Articles**

Children and adolescents (and with ASD and multiple occurring themes)

- [Shared determinants of poor sleep, obesity and adiposity in adolescents aged 8-18-years: A systematic review](#)

Authors: Gale, Emma Louise; Cecil, Joanne Elizabeth and Williams, Andrew James

Publication Date: 2025

Journal: Journal of Sleep Research 34(6), pp. ArtID e70029–40

- **The impact of the physical activity intervention on sleep in children and adolescents with autism spectrum disorder: A systematic review and meta-analysis**

Authors: Liang, Xiao; Haegele, Justin A.; Tse, Andy ChoiYeung; Li, Minghui; Zhang, Hui; Zhao, Shi and Li, Shirley Xin

Journal: Sleep Medicine Reviews 74 2024, pp. 1–12; 12

- [Neighborhood environments and sleep among children and adolescents: A systematic review](#)

Mayne et al, Sleep Medicine Reviews, 2021

- **The impact of race, ethnicity, and socioeconomic status on early adolescent sleep disturbances for youth exposed to adverse childhood experiences**





Authors: SengerCarpenter, Thea;VoepelLewis, Terri;Stoddard, Sarah A.;Zhang, Anao and Ordway, Monica R.

Journal: Child Abuse & Neglect 160 2025, pp. 1–12; 12

- [Social Determinants of Health at Multiple Socio-Ecological Levels and Sleep Health in Adolescents: A Scoping Review](#)

Kwon et al, Sleep Medicine Reviews, 2024

- [Shorter night-time sleep duration and later sleep timing from infancy to adolescence](#)

Authors: Manitsa, Ifigeneia;Gregory, Alice M.;Broome, Matthew R.;Bagshaw, Andrew P.;Marwaha, Steven and MoralesMunoz, Isabel

Publication Date: 2024

Journal: Journal of Child Psychology and Psychiatry

- [Proportion and correlates of children in the US-Affiliated Pacific region meeting sleep, screen time, and physical activity guidelines](#)

Authors: Ryan, Sarah T.;Okely, Anthony D.;Chong, Kar Hau;Stanley, Rebecca M.;Randle, Melanie;Waqqa, Gade;Yamanaka, Ashley B.;Guerrero, Rachael Leon;Coleman, Patricia;Shallcross, Leslie;Wilkins, Lynne R.;Deenik, Jonathan L. and Novotny, Rachel

Publication Date: 2024

Journal: Journal of Physical Activity & Health 21(6), pp. 567–577

- [Association of physical activity, screen time and sleep with substance use in children and adolescents: A large sample cross-sectional study](#)

Authors: Su, Huadong;Lyu, Dongye;Huang, Ke and Yan, Jin

Publication Date: 2024

Journal: Frontiers in Public Health 12, pp. ArtID 1432710–9





- **Relationship between family income and trajectories of adjustment in adolescence: Sleep and physical activity as moderators**

Authors: Gillis, Brian T.;Hinnant, J. Benjamin;Erath, Stephen A. and ElSheikh, Mona

Publication Date: 2023

Journal: Journal of Adolescence 95(3), pp. 494–508

- [Variation in caregiver-reported child sleep patterns and problems by family socioeconomic indicators](#)

Authors: Lupini, Francesca;Daniel, Lauren C.;Mindell, Jodi A. and Williamson, Ariel A.

Publication Date: 2023

Journal: Journal of Developmental and Behavioral Pediatrics 44(8), pp. e551–e558

- **Nudging interventions to improve children's sleep, physical activity and sedentary behavior: A scoping review**

Authors: Diamant, Emile;Perez, Tamara and Drouin, Olivier

Journal: Preventive Medicine: An International Journal Devoted to Practice and Theory 173 2023, pp. 1–19; 19

- [Sleep disturbances in children affected by autism spectrum disorder](#)

Authors: Galli, Jessica;Loi, Erika;Visconti, Lucrezia Maria;Mattei, Paola;Eusebi, Anna;Calza, Stefano;Fazzi, Elisa and ASD Collaborative Group

Publication Date: 2022

Journal: Frontiers in Psychiatry 13, pp. ArtID 736696–11

- [Temporal relationships between device-derived sedentary behavior, physical activity, and sleep in early childhood](#)

Authors: St. Laurent, Christine W.;Andre, Chloe;Holmes, Jennifer F.;Fields, Nicole D. and Spencer, Rebecca M. C.

Publication Date: 2022

Journal: Sleep: Journal of Sleep and Sleep Disorders Research 45(4), pp. 1–11. ArtID zsc008; 11

- [Prospective associations between sedentary behavior and physical activity in adolescence and sleep duration in adulthood](#)

Authors: Li, Longfeng;Sheehan, Connor M.;Petrov, Megan E. and Mattingly, Jennifer L.





Publication Date: 2021

Journal: Preventive Medicine: An International Journal Devoted to Practice and Theory 153, pp. ArtID 106812–8

Sedentary behaviour

- [Frontiers | Effectiveness of mHealth interventions targeting physical activity, sedentary behaviour, sleep or nutrition on emotional, behavioural and eating disorders in adolescents: a systematic review and meta-analysis](#)

Baumann et al, Frontiers in Digital Health, 2025

- [Associations of wearable ring measured sleep, sedentary time, and physical activity with cardiometabolic health: A compositional data analysis approach](#)

Authors: Niemela, Maisa;Maijala, Anna;Nauha, Laura;Jamsa, Timo;Korpelainen, Raija and Farrahi, Vahid

Publication Date: 2024

Journal: Scandinavian Journal of Medicine & Science in Sports 34(8), pp. ArtID e14710–12

Socioeconomic Inequalities

- [The current state of complex systems research on socioeconomic inequalities in health and health behavior-A systematic scoping review](#)

Authors: Mudd, Andrea L.;Bal, Michelle;Verra, Sanne E.;Poelman, Maartje P.;de Wit, John and Kamphuis, Carlijn B. M.

Publication Date: 2024

Journal: The International Journal of Behavioral Nutrition and Physical Activity 21(1), pp. ArtID 13–19

- [Social class stigma and poorer health behaviors: Evidence from the eating in America study](#)

Authors: Figueroa, David G.;Parker, Jordan E.;Hunger, Jeffrey M.;Kraus, Michael W.;Muscatell, Keely A. and Tomiyama, A. Janet

Journal: Social Science & Medicine 347 2024, pp. 1–5; 5

- [0929 The Social Determinants of Health and Sleep Health: A Latent Class Analysis | SLEEP | Oxford Academic](#)

Narcisse et al, Sleep, 2023

Abstract only





Non-pharmacological approaches

- [The effect of non-pharmacological sleep interventions on glycaemic measures in adults with sleep disturbances and behaviours: A systematic review and meta-analysis](#)

Mostafa et al, Diabetes and Vascular Disease Research, 2025

- **Non-pharmacological and melatonin interventions for pediatric sleep initiation and maintenance problems: A systematic review and network meta-analysis**

Authors: Mombelli, Samantha;Bacaro, Valeria;Curati, Sara;Berra, Francesca;Sforza, Marco;Castronovo, Vincenza;FeriniStrambi, Luigi;Galbiati, Andrea and Baglioni, Chiara

Journal: Sleep Medicine Reviews 70 2023, pp. 1–19; 19

- [Non-pharmacological treatment for elderly individuals with insomnia: A systematic review and network meta-analysis](#)

Authors: Kwon, ChanYoung;Lee, Boram;Cheong, Moon Joo;Kim, TaeHun;Jang, BoHyoung;Chung, Sun Yong and Kim, Jong Woo

Publication Date: 2021

Journal: Frontiers in Psychiatry 11, pp. ArtID 608896–20

Racial and ethnic disparities

- [The Need for Social and Environmental Determinants of Health Research to Understand and Intervene upon Racial/Ethnic Disparities in Obstructive Sleep Apnea](#)

Johnson et al, Clinics in Chest Medicine, 2022

- **Eliminating sleep health disparities and achieving health equity: Seven areas for action in the behavioral sleep medicine community**

Authors: Hughes, Abbey J.;Gunn, Heather;Siengsukon, Catherine;Stearns, Melanie A.;James, Elisabeth;Donley, Tiffany;Grandner, Michael A.;Sj, Thomas;Williams, Natasha J. and Hansen, Kathryn





Publication Date: 2022
Journal: Behavioral Sleep Medicine

Miscellaneous topics

- [Systematic review: Individual-level factors and social determinants of health impacting sleep health in individuals with inflammatory bowel disease](#)

Authors: Yoo, Linda;Tsai, ChiShan;Heitkemper, Margaret and Kamp, Kendra

Publication Date: 2023
Journal: Journal of Advanced Nursing 79(5), pp. 1650–1663

- [Family resilience influences on individual physical activity, diet and sleep quality: Family health climate and biobehavioural reactivity as driving mediators](#)

Authors: Chew, Mary SuLynn;Mahirah, Dhiya;Ho, YiChing Lynn and Doshi, Kinjal

Publication Date: 2025
Journal: PLoS ONE 20(5), pp. ArtID e0322612–17

- [Associations between night/shift working and late-life brain health](#)

Authors: KingRobson, Josh;Nicholas, Jennifer M.;James, SarahNaomi;Keshavan, Ashvini;Williams, Dylan M.;Groves, James;Sudre, Carole H.;Lu, Kirsty;Barnes, Josephine;Coath, William;Cash, David M.;Keuss, Sarah E.;Richards, Marcus;Warren, Jason D. and Schott, Jonathan M.

Publication Date: 2025
Journal: Brain Communications 7(4), pp. ArtID fcfa264–14

- [Nurses' napping practices and their effects on sleepiness, fatigue, wellbeing, and quality of nursing care](#)

Gyeltshen et al, Nursing Practice Today, 2023

- [Rumination and Sleep Quality Among Older Adults: Examining the Role of Social Support](#)

Marini et al, Journals of Gerontology B: Psychological Sciences and Social Sciences, 2020

- [Life satisfaction and subsequent physical, behavioral, and psychosocial health in older adults](#)

Authors: Kim, Eric S.;Delaney, Scott W.;Tay, Louis;Chen, Ying;Diener, Ed and Vanderweele, Tyler J.





Publication Date: 2021

Journal: Milbank Quarterly 99(1), pp. 209–239

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Keywords/search strategy	Limits used
<p>Ovid MEDLINE(R) ALL <1946 to December 16, 2025></p> <p>1 (sleep or sleep clinic* or sleep pathway* or sleep issue* or sleep quality or sleep apn?ea).mp. 290849</p> <p>2 (melatonin or melatonin prescrib* or melatonin prescript*).mp. 36143</p> <p>3 (non-pharmacologic* or non-pharmaceutical*).mp. 24223</p> <p>4 (behavio?r* or sleep behavio?r* or behavio?r* intervention*).mp. 2290984</p> <p>5 1 and 2 and 3 and 4 56</p> <p>6 (social determinant* or health determinant* or socioeconomic or population health).mp. 335737</p> <p>7 5 and 6 0</p> <p>8 1 and 6 5170</p> <p>9 1 and 3 and 6 20</p> <p>10 1 and 4 and 6 1823</p> <p>TRIP database:</p> <p>TRIP: sleep disorders AND social determinants of health</p> <p>What is the relationship between social determinants of health and the prevalence of sleep disorders in different populations?</p> <p>How do social environments influence the effectiveness of sleep promotion interventions?</p> <p>What are the potential effects of different social environments on sleep quality and duration?</p>	<p>English language 2015-2025 Adolescent All adults</p>





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Databases/sources used

<input checked="" type="checkbox"/> Pubmed	<input type="checkbox"/> HMIC	<input type="checkbox"/> BMJ Best Practice
<input type="checkbox"/> MEDLINE	<input type="checkbox"/> Social Policy & Practice	<input type="checkbox"/> UpToDate
<input type="checkbox"/> Emcare	<input type="checkbox"/> CINAHL	<input checked="" type="checkbox"/> Trip Pro
<input type="checkbox"/> Embase	<input checked="" type="checkbox"/> PsycINFO	<input type="checkbox"/> Cochrane Library
<input type="checkbox"/> Knowledge & Library Hub	<input checked="" type="checkbox"/> Google Advanced/Scholar	

Other (please list):
 NHS Repositories
 Health Foundation
 NHS Fab
 AI: CoPilot Researcher

inSPIRE repository



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Has permission to share these results been given?

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Improvement Team	Email: Jessica.Pawley@somersetft.nhs.uk Web: https://somersetcollaborationhub.org/
Primary Care/ICB	Email: Roxanne.hart3@nhs.net