

SLEEP HEALTH

Just like good nutrition and physical activity, adequate sleep is vital to healthy functioning and well-being. Inadequate sleep increases the likelihood of occupational errors and motor vehicle accidents and is also linked to various chronic conditions including diabetes, obesity, cardiovascular disease, and depression.⁵⁰ In addition to competing demands and insufficient time for sleep, conditions such as insomnia and sleep apnea (sleep-disordered breathing) can also contribute to poor sleep quality.⁵¹

The National Sleep Foundation recommends that adults get 7–9 hours of sleep per day.⁵² In 2008–2010, about 70 percent of women and men reported getting an adequate amount of

sleep, defined as 8 or more hours for persons aged 18–21 years of age and 7 or more hours for those aged 22 years or older. Among both women and men, the probability of getting adequate sleep generally increased with age for both women and men and was highest among those aged 65 years and older (75.6 and 80.1 percent, respectively). By contrast, only about 63 percent of young adults aged 18–24 years reported getting an adequate amount of sleep.

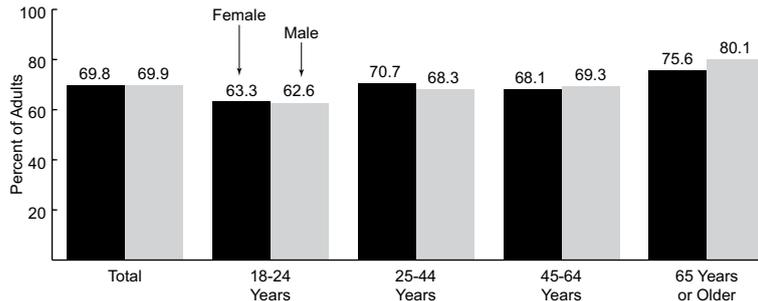
Among women, single mothers were least likely to report getting adequate hours of sleep (60.1 percent), followed by single women without children (67.1 percent). Women who were married or cohabitating without children and those in two-parent families were more likely to

get a sufficient amount of sleep (76.1 and 72.1 percent, respectively).

Adequate sleep also varied by poverty status and race and ethnicity. Fewer than two-thirds (64.4 percent) of women living in households with incomes below the poverty level had sufficient hours of sleep, compared to nearly three-quarters of women living in households with incomes of 400 percent or more of poverty (73.4 percent; data not shown). With respect to race and ethnicity, non-Hispanic Black women were less likely than women of other racial and ethnic groups to get adequate hours of sleep (62.8 percent compared to about 70 percent of other women; data not shown).

Adequate Sleep* Among Adults Aged 18 and Older, by Age and Sex, 2008–2010

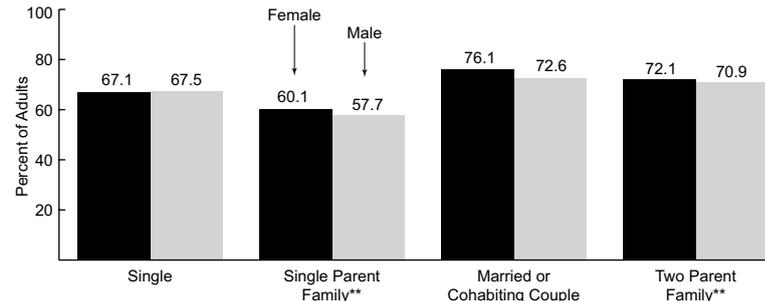
Source II.8: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey



*Defined as reporting an average of 8 or more hours of sleep per day for persons aged 18-21 years and 7 or more hours for persons aged 22 years and older; total estimates are age-adjusted.

Adequate Sleep* Among Adults Aged 18 and Older, by Family Structure and Sex, 2008–2010

Source II.8: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey



*Defined as reporting an average of 8 or more hours of sleep per day for persons aged 18-21 years and 7 or more hours for persons aged 22 years and older; estimates are age-adjusted. **Includes at least one child under 18 years of age.