

**Oregon Adults Who Averaged Less Than Seven Hours of Sleep in a 24-hour Period,
Oregon, 2012-2015**

Adults 18 years & older	<i>Unadjusted</i>			<i>Age-Adjusted</i>		
	%	95% Confidence Interval ¹		%	95% Confidence Interval ¹	
		L. limit %	U. limit %		L. limit %	U. limit %
STATEWIDE	31.4	30.6	32.4	32.2	31.2	33.2
BAKER	19.2	12.2	28.8	19.9	11.1	33.1
BENTON	27.0	22.4	32.2	28.4	23.4	34.1
CLACKAMAS	31.3	28.5	34.3	32.2	29.0	35.5
CLATSOP	32.5	25.1	40.9	34.1	25.5	44.0
COLUMBIA	40.8	33.5	48.5	43.7 ~	35.3	52.5
COOS	35.5	29.5	41.9	37.8	30.4	45.9
CROOK	41.1	29.3	53.9	43.1	27.4	60.3
CURRY	34.7	24.9	46.0	37.6	25.1	52.0
DESCHUTES	31.2	27.0	35.7	31.9	27.2	37.1
DOUGLAS	33.1	28.5	38.0	33.6	28.3	39.3
GRANT	29.2	18.1	43.5	28.8	15.4	47.2
HARNEY	40.7	24.5	59.2	41.6	25.8	59.3
HOOD RIVER	24.5	16.0	35.6	22.1	14.3	32.4
JACKSON	29.2	25.7	32.9	31.3	27.3	35.7
JEFFERSON	41.1	27.4	56.5	40.2	25.5	56.9
JOSEPHINE	34.0	29.2	39.3	37.2	31.1	43.6
KLAMATH	35.4	28.9	42.4	35.7	28.4	43.8
LAKE	41.9	26.1	59.6	44.6	26.2	64.7
LANE	31.2	28.4	34.2	32.5	29.4	35.8
LINCOLN	33.2	26.5	40.7	36.9	28.2	46.4
LINN	34.1	29.5	39.0	34.0	29.0	39.5
MALHEUR	34.3	23.8	46.5	35.7	24.8	48.3
MARION	31.6	28.3	35.2	32.5	28.9	36.3
MORROW	32.9	16.7	54.4	33.4	15.5	57.7
MULTNOMAH	30.5	28.4	32.7	30.6	28.4	32.8
POLK	30.3	24.3	37.1	30.9	24.3	38.4
TILLAMOOK	29.4	20.5	40.2	28.9	18.2	42.6
UMATILLA	33.9	27.3	41.1	35.2	28.0	43.0
UNION	28.4	20.5	37.9	29.9	21.0	40.5
WALLOWA	29.6	15.4	49.2	34.3	22.1	49.1
WASHINGTON	29.1	26.5	31.8	29.2	26.6	32.0
WHEELER	*	*	*	*	*	*
YAMHILL	32.3	26.8	38.5	33.2	27.2	39.8
GILLIAM/WASCO /SHERMAN	38.5	28.6	49.3	42.0	30.7	54.1

* This number is suppressed because it is statistically unreliable.

~ Statistically Significant: significantly higher or lower than the statewide rate.

¹ Confidence intervals provide a measure of how much an estimate might vary due to chance. We present 95% confidence intervals, which means that if we conducted this survey over and over, 95% of the confidence intervals calculated would contain the true population value. Wider intervals suggest the estimate is more unreliable and should be interpreted with caution, however it is the best estimate available.

Source: Oregon Behavioral Risk Factors Surveillance System 2012-2015 county combined

NOTE: Age adjustment is based on three age groups: 18-34; 35-54; and 55+, per U.S. Standard Million Population.