

Oregon 2008 BRFSS

On the average, how many hours of sleep do you get in a 24-hour period?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
<= 6 hours		27.1	21.0	32.5	30.0	29.6	27.8	19.5
7 to 9 hours		70.2	75.8	66.5	68.5	67.3	70.0	75.4
10 or more hours		2.7	3.3	1.0	1.5	3.2	2.2	5.2
Male	<= 6 hours	29.3	24.9	33.6	33.4	35.7	26.3	17.9
	7 to 9 hours	68.9	75.1	65.1	66.0	61.2	71.8	78.4
	10 or more hours	1.8		1.3	.6	3.1	1.9	3.7
Female	<= 6 hours	24.9	16.7	31.3	26.4	23.5	29.3	20.7
	7 to 9 hours	71.6	76.5	68.1	71.1	73.3	68.2	73.1
	10 or more hours	3.5	6.8	.6	2.4	3.2	2.5	6.3

Denominator is:
All survey respondents.

On the average, how many hours of sleep do you get in a 24-hour period?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		2,874	85	227	402	538	738	884
<= 6 hours		733	17	74	118	149	203	172
7 to 9 hours		2,022	65	148	274	370	513	652
10 or more hours		91	2	3	6	14	18	48
Don't know/Not sure/Refused		28	1	2	4	5	4	12
Male	Total	1,090	42	83	155	210	298	302
	<= 6 hours	297	9	29	53	72	78	56
	7 to 9 hours	758	33	52	99	133	212	229
	10 or more hours	28		2	1	4	7	14
	Don't know/Not sure/Refused	7			2	1	1	3
Female	Total	1,784	43	144	247	328	440	582
	<= 6 hours	436	8	45	65	77	125	116
	7 to 9 hours	1,264	32	96	175	237	301	423
	10 or more hours	63	2	1	5	10	11	34
	Don't know/Not sure/Refused	21	1	2	2	4	3	9

Denominator is:
All survey respondents.

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During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		28.9	21.8	19.0	20.7	25.0	30.4	55.2
1 to 13		48.6	52.8	49.5	52.8	52.6	50.7	34.5
14 to 29		13.8	16.9	19.3	17.1	13.1	11.9	4.9
All 30 days		8.7	8.5	12.2	9.4	9.3	7.0	5.4
Male	None	30.2	25.1	21.1	19.4	25.3	34.7	59.6
	1 to 13	50.5	58.2	50.8	57.8	52.1	50.7	33.4
	14 to 29	12.1	12.2	18.2	16.4	12.4	8.4	2.7
	All 30 days	7.2	4.4	9.9	6.4	10.2	6.3	4.3
Female	None	27.6	18.2	16.8	22.0	24.8	26.1	51.7
	1 to 13	46.8	47.0	48.0	47.7	53.0	50.7	35.3
	14 to 29	15.4	22.0	20.5	17.8	13.8	15.4	6.6
	All 30 days	10.2	12.9	14.7	12.4	8.4	7.8	6.3

Denominator is:
All survey respondents.

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,771	141	377	698	883	1,211	1,461
None		1,591	24	67	136	212	360	792
1 to 13		2,166	75	182	363	458	597	491
14 to 29		560	24	71	119	124	148	74
All 30 days		374	13	48	66	75	90	82
Don't know/Not sure/Refused		80	5	9	14	14	16	22
Male	Total	1,836	68	140	275	353	490	510
	None	651	13	29	51	86	173	299
	1 to 13	858	42	70	155	187	240	164
	14 to 29	176	8	23	45	44	42	14
	All 30 days	120	3	14	18	30	31	24
	Don't know/Not sure/Refused	31	2	4	6	6	4	9
Female	Total	2,935	73	237	423	530	721	951
	None	940	11	38	85	126	187	493
	1 to 13	1,308	33	112	208	271	357	327
	14 to 29	384	16	48	74	80	106	60
	All 30 days	254	10	34	48	45	59	58
	Don't know/Not sure/Refused	49	3	5	8	8	12	13

Denominator is:
All survey respondents.

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In the past 12 months, how often have your driven a car or motor vehicle while feeling drowsy?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Never		55.0	54.4	43.7	45.8	46.4	58.9	82.2
Less than once a month		23.6	20.5	26.4	28.8	28.8	23.9	11.6
1 to 2 times a month		14.4	15.9	23.1	15.7	16.1	11.5	3.9
1 to 2 times a week		4.7	9.3	4.6	6.7	4.5	3.7	.6
3 or more times a week		2.3		2.2	3.0	4.2	1.9	1.7
Male	Never	48.2	46.5	40.1	37.1	43.0	52.2	75.1
	Less than once a month	25.1	23.5	23.8	27.7	30.2	26.6	17.3
	1 to 2 times a month	17.6	20.4	28.5	20.2	15.3	14.7	4.9
	1 to 2 times a week	5.7	9.6	5.2	9.9	4.9	4.3	.7
	3 or more times a week	3.3		2.4	5.1	6.6	2.3	2.0
Female	Never	61.6	63.0	47.7	54.9	49.8	65.7	87.7
	Less than once a month	22.1	17.2	29.2	30.0	27.4	21.2	7.1
	1 to 2 times a month	11.3	10.9	17.2	11.0	16.8	8.3	3.2
	1 to 2 times a week	3.7	8.9	3.9	3.4	4.2	3.2	.5
	3 or more times a week	1.3		2.0	.7	1.7	1.5	1.5

Denominator is:
All survey respondents.

Oregon 2008 BRFSS

In the past 12 months, how often have you driven a car or motor vehicle while feeling drowsy?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		2,874	85	227	402	538	738	884
Never		1,756	45	100	188	254	439	730
Less than once a month		630	17	63	116	155	180	99
1 to 2 times a month		314	13	45	63	86	76	31
1 to 2 times a week		102	9	12	24	24	29	4
3 or more times a week		57		5	9	18	11	14
Don't Know/Not Sure		13	1	2	1	1	2	6
Refused		2			1		1	
Male	Total	1,090	42	83	155	210	298	302
	Never	580	18	35	57	92	155	223
	Less than once a month	271	10	22	42	63	81	53
	1 to 2 times a month	151	9	20	33	34	41	14
	1 to 2 times a week	50	5	4	16	9	14	2
	3 or more times a week	34		2	7	12	6	7
	Don't Know/Not Sure	4					1	3
	Refused							
Female	Total	1,784	43	144	247	328	440	582
	Never	1,176	27	65	131	162	284	507
	Less than once a month	359	7	41	74	92	99	46
	1 to 2 times a month	163	4	25	30	52	35	17
	1 to 2 times a week	52	4	8	8	15	15	2
	3 or more times a week	23		3	2	6	5	7
	Don't Know/Not Sure	9	1	2	1	1	1	3
	Refused	2			1		1	

Denominator is:
All survey respondents.

Oregon 2008 BRFSS

In the past 12 months, have you regularly had excessive sleepiness during the day?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		21.7	20.8	25.2	22.3	21.9	20.3	19.0
No		78.3	79.2	74.8	77.7	78.1	79.7	81.0
Male	Yes	20.2	18.1	24.1	24.1	21.7	15.5	15.2
	No	79.8	81.9	75.9	75.9	78.3	84.5	84.8
Female	Yes	23.2	23.7	26.4	20.3	22.2	24.9	22.0
	No	76.8	76.3	73.6	79.7	77.8	75.1	78.0

Denominator is:
All survey respondents.

In the past 12 months, have you regularly had excessive sleepiness during the day?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		2,874	85	227	402	538	738	884
Yes		620	18	58	89	120	157	178
No		2,232	66	168	308	415	577	698
Don't Know/Not Sure		19	1	1	3	3	4	7
Refused		3			2			1
Male	Total	1,090	42	83	155	210	298	302
	Yes	207	7	20	37	44	51	48
	No	878	35	63	118	166	244	252
	Don't Know/Not Sure Refused	5					3	2
Female	Total	1,784	43	144	247	328	440	582
	Yes	413	11	38	52	76	106	130
	No	1,354	31	105	190	249	333	446
	Don't Know/Not Sure Refused	14 3	1	1	3 2	3	1	5 1

Denominator is:
All survey respondents.