

(Preliminary) 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		32.5	34.3	42.8	31.8	37.0	29.6	19.7
7 to 9 hours		63.2	59.7	51.1	65.9	59.9	68.2	73.4
10 or more hours		4.3	6.0	6.0	2.3	3.1	2.2	6.9
MALE	<= 6 hours	32.5	38.8	43.0	33.0	35.1	28.2	16.4
	7 to 9 hours	63.7	61.2	47.9	64.9	61.8	70.2	78.0
	10 or more hours	3.8		9.1	2.1	3.1	1.6	5.6
FEMALE	<= 6 hours	32.5	29.4	42.7	30.6	39.0	31.0	22.3
	7 to 9 hours	62.7	58.2	54.6	67.0	57.9	66.3	69.8
	10 or more hours	4.9	12.4	2.7	2.5	3.1	2.7	7.9

Denominator is:
All survey respondents.

(Preliminary) 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		5,010	103	269	572	873	1,274	1,919
<= 6 hours		1,416	40	112	181	316	374	393
7 to 9 hours		3,348	57	145	377	520	863	1,386
10 or more hours		240	6	11	13	35	36	139
Don't know/Not sure/Refused		6		1	1	2	1	1
MALE	Total	1,945	51	103	234	356	520	681
	<= 6 hours	526	22	44	77	121	141	121
	7 to 9 hours	1,344	29	52	153	220	369	521
	10 or more hours	74		7	4	14	10	39
	Don't know/Not sure/Refused	1				1		
FEMALE	Total	3,065	52	166	338	517	754	1,238
	<= 6 hours	890	18	68	104	195	233	272
	7 to 9 hours	2,004	28	93	224	300	494	865
	10 or more hours	166	6	4	9	21	26	100
	Don't know/Not sure/Refused	5		1	1	1	1	1

Denominator is:
All survey respondents.

(Preliminary) Do you snore?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		48.9	21.1	44.4	51.1	55.9	61.8	51.0
No		51.1	78.9	55.6	48.9	44.1	38.2	49.0
MALE	Yes	55.2	19.6	49.2	66.2	63.0	66.4	56.5
	No	44.8	80.4	50.8	33.8	37.0	33.6	43.5
FEMALE	Yes	42.6	22.7	39.2	34.8	48.8	57.2	46.4
	No	57.4	77.3	60.8	65.2	51.2	42.8	53.6

Denominator is:
All survey respondents.

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(Preliminary) Do you snore?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,010	103	269	572	873	1,274	1,919
Yes		2,258	20	102	254	435	697	750
No		2,126	77	152	278	369	459	791
Don't know/Not sure		626	6	15	40	69	118	378
Refused								
MALE	Total	1,945	51	103	234	356	520	681
	Yes	1,021	9	43	142	210	314	303
	No	717	38	54	79	125	164	257
	Don't know/Not sure	207	4	6	13	21	42	121
Refused								
FEMALE	Total	3,065	52	166	338	517	754	1,238
	Yes	1,237	11	59	112	225	383	447
	No	1,409	39	98	199	244	295	534
	Don't know/Not sure	419	2	9	27	48	76	257
Refused								

Denominator is:
All survey respondents.

(Preliminary) During the past 30 days, for about how many days did you find yourself unintentionally falling asleep during the day?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		66.2	55.9	72.0	71.6	67.9	67.5	59.1
1 to 13		27.7	42.0	23.0	24.0	25.9	25.5	30.5
14 to 29		3.5	2.1	2.6	3.2	3.7	4.6	4.5
All 30 days		2.5		2.3	1.1	2.5	2.4	5.8
MALE	None	67.4	53.0	75.5	71.7	70.6	68.2	59.2
	1 to 13	27.3	45.1	19.0	24.1	25.4	26.0	30.5
	14 to 29	2.9	1.9	2.8	2.9	2.6	3.1	3.7
	All 30 days	2.5		2.7	1.3	1.4	2.7	6.6
FEMALE	None	65.1	58.9	68.4	71.4	65.2	66.9	59.0
	1 to 13	28.1	38.8	27.2	24.0	26.4	24.9	30.6
	14 to 29	4.2	2.4	2.4	3.6	4.7	6.1	5.1
	All 30 days	2.6		2.0	.9	3.6	2.1	5.2

Denominator is:
All survey respondents.

(Preliminary) During the past 30 days, for about how many days did you find yourself unintentionally falling asleep during the day?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,010	103	269	572	873	1,274	1,919
None		3,198	57	192	409	591	842	1,107
1 to 13		1,328	44	61	134	221	326	542
14 to 29		217	2	8	19	34	62	92
All 30 days		171		6	7	21	29	108
Don't know/Not sure/Refused		96		2	3	6	15	70
MALE	Total	1,945	51	103	234	356	520	681
	None	1,267	27	79	168	249	351	393
	1 to 13	511	23	18	54	90	133	193
	14 to 29	64	1	3	8	11	17	24
	All 30 days	69		3	4	4	14	44
	Don't know/Not sure/Refused	34				2	5	27
FEMALE	Total	3,065	52	166	338	517	754	1,238
	None	1,931	30	113	241	342	491	714
	1 to 13	817	21	43	80	131	193	349
	14 to 29	153	1	5	11	23	45	68
	All 30 days	102		3	3	17	15	64
	Don't know/Not sure/Refused	62		2	3	4	10	43

Denominator is:
All survey respondents.

(Preliminary) During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment while driving?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		2.3	2.8	2.9	4.2	1.5	1.8	1.0
No		97.7	97.2	97.1	95.8	98.5	98.2	99.0
MALE	Yes	2.4	2.5	2.7	4.1	1.3	2.0	1.6
	No	97.6	97.5	97.3	95.9	98.7	98.0	98.4
FEMALE	Yes	2.3	3.1	3.1	4.3	1.7	1.6	.5
	No	97.7	96.9	96.9	95.7	98.3	98.4	99.5

Denominator is:
All survey respondents.

(Preliminary) During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment while driving?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,010	103	269	572	873	1,274	1,919
Yes		86	3	8	23	13	22	17
No		4,921	100	261	548	860	1,252	1,900
Don't know/Not sure		3			1			2
Refused								
MALE	Total	1,945	51	103	234	356	520	681
	Yes	40	1	3	10	5	10	11
	No	1,903	50	100	223	351	510	669
	Don't know/Not sure	2			1			1
Refused								
FEMALE	Total	3,065	52	166	338	517	754	1,238
	Yes	46	2	5	13	8	12	6
	No	3,018	50	161	325	509	742	1,231
	Don't know/Not sure	1						1
Refused								

Denominator is:
All survey respondents.

(Preliminary) 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		27.8	22.1	15.6	20.6	21.1	32.8	53.1
1 to 13		43.6	45.9	42.7	48.9	48.7	43.7	32.7
14 to 29		17.7	17.5	26.4	20.6	19.3	14.6	7.4
All 30 days		10.9	14.4	15.3	9.9	10.9	8.9	6.9
MALE	None	30.0	21.3	17.9	23.2	25.1	36.6	57.3
	1 to 13	44.6	44.4	47.1	48.4	49.6	44.6	32.0
	14 to 29	16.0	22.8	23.0	17.3	17.6	11.6	4.0
	All 30 days	9.3	11.4	12.0	11.1	7.7	7.2	6.8
FEMALE	None	25.6	22.9	13.1	17.9	17.1	29.1	49.7
	1 to 13	42.6	47.5	38.0	49.4	47.7	42.8	33.3
	14 to 29	19.3	11.9	30.0	24.0	21.0	17.5	10.1
	All 30 days	12.4	17.7	18.8	8.7	14.2	10.6	6.9

Denominator is:
All survey respondents.

(Preliminary) 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		5,010	103	269	572	873	1,274	1,919
None		1,739	21	38	109	183	407	981
1 to 13		1,976	47	115	277	407	536	594
14 to 29		730	19	68	123	172	191	157
All 30 days		468	16	45	56	101	121	129
Don't know/Not sure/Refused		97		3	7	10	19	58
MALE	Total	1,945	51	103	234	356	520	681
	None	744	10	17	51	94	190	382
	1 to 13	789	23	50	116	166	225	209
	14 to 29	226	12	22	40	62	61	29
	All 30 days	158	6	13	25	30	40	44
	Don't know/Not sure/Refused	28		1	2	4	4	17
FEMALE	Total	3,065	52	166	338	517	754	1,238
	None	995	11	21	58	89	217	599
	1 to 13	1,187	24	65	161	241	311	385
	14 to 29	504	7	46	83	110	130	128
	All 30 days	310	10	32	31	71	81	85
	Don't know/Not sure/Refused	69		2	5	6	15	41

Denominator is:

All survey respondents.