

Oregon 2015 BRFSS
Sleep

On 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		32.7	27.5	39.4	38.4	36.4	31.7	25.0
7 to 9 hours		63.7	66.4	57.5	60.2	61.9	65.5	69.0
10 or more hours		3.5	6.1	3.1	1.4	1.8	2.8	6.0
Male	<= 6 hours	35.1	27.0	42.7	42.2	37.1	35.0	26.5
	7 to 9 hours	62.6	71.6	57.0	56.5	62.3	62.5	67.5
	10 or more hours	2.3	1.3	.3	1.2	.6	2.5	6.0
Female	<= 6 hours	30.5	27.9	35.9	34.5	35.7	28.8	23.8
	7 to 9 hours	64.8	61.4	58.1	64.0	61.5	68.3	70.2
	10 or more hours	4.7	10.7	6.0	1.5	2.9	3.0	6.0

Denominator is: All survey respondents.

On 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		4,395	200	356	474	652	969	1,744
<= 6 hours		1,290	59	132	175	231	288	405
7 to 9 hours		2,896	129	210	290	400	643	1,224
10 or more hours		148	10	10	5	12	27	84
Don't know/Not sure/Refused		61	2	4	4	9	11	31
Male	Total	1,920	109	181	218	318	417	677
	<= 6 hours	605	31	78	88	114	136	158
	7 to 9 hours	1,233	75	100	126	197	263	472
	10 or more hours	51	2	1	2	3	10	33
	Don't know/Not sure/Refused	31	1	2	2	4	8	14
Female	Total	2,475	91	175	256	334	552	1,067
	<= 6 hours	685	28	54	87	117	152	247
	7 to 9 hours	1,663	54	110	164	203	380	752
	10 or more hours	97	8	9	3	9	17	51
	Don't know/Not sure/Refused	30	1	2	2	5	3	17

Denominator is: All survey respondents.