

Oregon 2016 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	31.4	29.7	35.4	35.9	34.5	30.1	24.7
7 to 9 hours	65.1	64.6	61.9	62.3	62.4	67.3	70.3
10 or more hours	3.5	5.7	2.7	1.8	3.2	2.6	5.0
Male <= 6 hours	31.8	29.6	36.8	37.2	34.4	29.7	24.3
Male 7 to 9 hours	65.0	67.0	61.0	60.3	62.5	67.4	71.1
Male 10 or more hours	3.1	3.4	2.1	2.5	3.1	3.0	4.6
Female <= 6 hours	31.0	29.7	33.9	34.6	34.5	30.5	25.0
Female 7 to 9 hours	65.2	62.2	62.8	64.3	62.2	67.2	69.7
Female 10 or more hours	3.8	8.1	3.2	1.1	3.2	2.3	5.3

Denominator is: All survey respondents.