

**Oregon Adults Who Averaged Less Than Seven Hours of Sleep in a 24-hour Period,
Oregon, 2014-2017**

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	32.4	31.6	33.2	33.3	32.4	34.1
BAKER	26.0	17.4	36.9	27.5	16.1	42.9
BENTON	30.5	26.0	35.3	31.3	26.6	36.5
CLACKAMAS	32.2	29.7	34.7	33.3	30.6	36.1
CLATSOP	30.6	24.0	38.0	31.4	23.3	40.8
COLUMBIA	39.7	32.9	47.0	41.6	33.7	50.0
COOS	32.0	26.5	38.1	33.3	26.7	40.6
CROOK	31.3	23.1	41.0	34.0	22.8	47.3
CURRY	31.0	23.2	40.1	38.0	26.6	50.9
DESCHUTES	29.5	25.9	33.3	30.0	25.9	34.3
DOUGLAS	33.9	29.8	38.2	36.3	31.3	41.6
GRANT	31.0	21.2	42.8	29.4	18.8	42.6
HARNEY	33.1	20.0	49.6	34.0	18.9	53.2
HOOD RIVER	22.8	14.9	33.3	22.7	14.4	33.9
JACKSON	32.1	28.9	35.6	33.8	30.0	37.8
JEFFERSON	35.2	23.8	48.6	35.1	24.4	47.5
JOSEPHINE	33.0	28.5	37.9	35.7	30.1	41.7
KLAMATH	36.0	30.1	42.2	35.3	28.8	42.4
LAKE	42.3	29.2	56.6	48.9	30.1	68.0
LANE	30.7	28.3	33.2	32.0	29.3	34.8
LINCOLN	34.5	28.5	41.1	37.8	29.6	46.7
LINN	35.6	31.6	39.8	36.3	31.8	41.0
MALHEUR	36.0	25.8	47.7	36.6	26.3	48.2
MARION	33.4	30.5	36.4	34.0	31.0	37.2
MORROW	29.1	15.7	47.4	26.2	13.8	44.2
MULTNOMAH	33.5	31.6	35.4	33.7	31.7	35.6
POLK	32.0	27.0	37.5	33.3	27.7	39.4
TILLAMOOK	34.0	25.4	43.8	36.7	25.8	49.1
UMATILLA	31.4	25.7	37.7	32.9	26.7	39.8
UNION	27.5	19.9	36.6	31.9	22.8	42.6
WALLOWA	34.2	23.0	47.5	34.2	23.7	46.5
WASHINGTON	30.5	28.2	32.8	30.8	28.5	33.2
WHEELER	*	*	*	*	*	*
YAMHILL	36.2	31.3	41.3	37.6	32.4	43.0
GILLIAM/WASCO /SHERMAN	27.6	20.2	36.4	29.7	21.2	40.0

* 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 2014-2017 county combined

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