

Oregon Healthy Teens 2019 - 11th Grade  
Sleep

**60. On an average school night, how many hours of sleep do you get?**

	Total		Female		Male		Non-Binary/GNC	
	Count	%	Count	%	Count	%	Count	%
Total	12151	100.0	5900	100.0	5615	100.0	636	100.0
4 or less hours	719	5.9	325	5.2	300	5.7	94	14.6
5 hours	1496	12.3	804	14.1	608	10.2	84	13.3
6 hours	3061	25.1	1565	26.5	1329	23.6	167	26.1
7 hours	3791	31.7	1822	31.6	1817	32.6	152	25.8
8 hours	2462	19.9	1131	18.4	1219	21.8	112	16.8
9 hours	493	4.0	202	3.4	275	5.0	16	1.8
10 or more hours	129	1.0	51	.7	67	1.2	11	1.7

- Unweighted counts and weighted percentages exclude missing and/or refused answers.
- Non-binary/GNC includes those who identify as Transgender/Trans Female or Male, gender non-conforming, gender fluid/genderqueer, agender or something else.