

Oregon Healthy Teens 2019 - 8th 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	14192	100.0	6833	100.0	6538	100.0	821	100.0
4 or less hours	849	6.0	370	5.2	337	5.5	142	15.9
5 hours	1079	7.7	567	8.5	405	6.1	107	13.7
6 hours	1991	14.3	1044	15.5	812	12.7	135	16.4
7 hours	3481	24.4	1794	26.3	1510	22.7	177	21.9
8 hours	4214	29.4	1992	28.9	2078	31.5	144	17.7
9 hours	1918	13.6	811	11.6	1033	16.1	74	9.7
10 or more hours	660	4.6	255	3.9	363	5.5	42	4.7

- 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.