

On the 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	25.8	22.8	33.6	24.5	26.6	27.1	19.3
7 to 9 hours	69.9	66.3	64.1	72.2	71.7	69.7	74.3
10 or more hours	4.2	10.9	2.3	3.3	1.7	3.1	6.4
MALE <= 6 hours	29.6	28.3	38.9	28.3	31.4	31.1	17.5
7 to 9 hours	66.5	59.0	61.1	69.7	67.1	66.0	74.7
10 or more hours	3.8	12.7		1.9	1.5	2.8	7.8
FEMALE <= 6 hours	22.2	17.3	28.1	20.5	21.9	23.2	20.7
7 to 9 hours	73.2	73.6	67.2	74.7	76.2	73.4	73.9
10 or more hours	4.6	9.1	4.7	4.8	1.9	3.4	5.4

Denominator is:
All survey respondents.

On the 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	2,526	65	136	291	446	690	898
<= 6 hours	600	15	41	72	114	185	173
7 to 9 hours	1,788	40	91	207	317	478	655
10 or more hours	117	9	4	12	10	22	60
Don't know/Not sure/Refused	21	1			5	5	10
MALE Total	962	33	47	132	168	291	291
<= 6 hours	252	8	17	37	51	90	49
7 to 9 hours	658	19	30	91	111	190	217
10 or more hours	45	5		4	4	9	23
Don't know/Not sure/Refused	7	1			2	2	2
FEMALE Total	1,564	32	89	159	278	399	607
<= 6 hours	348	7	24	35	63	95	124
7 to 9 hours	1,130	21	61	116	206	288	438
10 or more hours	72	4	4	8	6	13	37
Don't know/Not sure/Refused	14				3	3	8

Denominator is:
All survey respondents.

Oregon 2009 BRFSS

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		30.5	24.3	17.9	22.6	26.9	35.2	54.9
1 to 13		46.1	45.7	49.1	53.1	49.1	45.8	33.3
14 to 29		14.6	19.7	20.5	16.0	15.4	10.6	6.5
All 30 days		8.8	10.3	12.5	8.3	8.6	8.4	5.2
MALE	None	32.8	26.8	17.2	26.1	32.1	36.1	61.0
	1 to 13	45.4	44.5	49.4	53.6	46.0	46.2	30.1
	14 to 29	14.8	21.8	23.2	15.8	13.8	9.7	4.5
	All 30 days	7.1	6.9	10.1	4.5	8.0	8.0	4.4
FEMALE	None	28.3	21.8	18.7	19.1	21.7	34.3	50.2
	1 to 13	46.8	46.9	48.8	52.5	52.2	45.5	35.9
	14 to 29	14.4	17.5	17.6	16.2	16.9	11.6	8.1
	All 30 days	10.5	13.8	14.9	12.2	9.2	8.7	5.9

Denominator is:
All survey respondents.

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		6,787	179	421	777	1,222	1,742	2,446
None		2,504	46	77	168	313	601	1,299
1 to 13		2,865	81	208	402	598	778	798
14 to 29		779	33	79	129	190	188	160
All 30 days		524	17	52	71	109	144	131
Don't know/Not sure/Refused		115	2	5	7	12	31	58
MALE	Total	2,654	90	150	330	491	720	873
	None	1,072	24	29	83	155	260	521
	1 to 13	1,085	41	72	172	225	322	253
	14 to 29	276	17	34	52	69	66	38
	All 30 days	170	6	13	17	38	57	39
Don't know/Not sure/Refused		51	2	2	6	4	15	22

Denominator is:
All survey respondents.

During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?

(Unweighted Frequencies)

	Age Groups						
	Total	18-24	25-34	35-44	45-54	55-64	65+
FEMALE Total	4,133	89	271	447	731	1,022	1,573
None	1,432	22	48	85	158	341	778
1 to 13	1,780	40	136	230	373	456	545
14 to 29	503	16	45	77	121	122	122
All 30 days	354	11	39	54	71	87	92
Don't know/Not sure/Refused	64		3	1	8	16	36

Denominator is:
All survey respondents.

In the past 12 months, how often have you driven a car or motor vehicle while feeling drowsy?

(Weighted Column Percents)

	Age Groups						
	Total	18-24	25-34	35-44	45-54	55-64	65+
Never	56.2	32.9	39.3	55.7	56.4	64.0	81.4
Less than once a month, or	23.3	29.7	31.0	23.3	24.9	21.0	11.7
1 to 2 times a month	13.1	21.9	20.2	13.0	11.9	9.8	4.7
1 to 2 times a week	5.2	13.6	7.0	5.5	3.0	4.0	1.2
3 or more times a week	2.2	1.9	2.6	2.5	3.7	1.1	1.1
MALE Never	49.2	26.5	30.5	48.0	52.7	58.1	75.9
Less than once a month, or	24.3	28.9	29.2	25.9	24.3	21.4	16.4
1 to 2 times a month	17.8	35.1	27.8	17.2	13.3	12.5	4.7
1 to 2 times a week	5.7	5.7	10.8	6.8	3.0	6.0	1.5
3 or more times a week	3.0	3.8	1.8	2.1	6.7	2.0	1.4
FEMALE Never	62.9	39.4	48.4	63.8	60.0	69.8	85.7
Less than once a month, or	22.3	30.5	32.8	20.6	25.6	20.7	7.9
1 to 2 times a month	8.6	8.2	12.3	8.7	10.5	7.1	4.7
1 to 2 times a week	4.8	21.8	3.0	4.1	3.1	2.0	.9
3 or more times a week	1.4		3.5	2.8	.8	.3	.8

Denominator is:
All survey respondents.

Oregon 2009 BRFSS

In the past 12 months, how often have you driven a car or motor vehicle while feeling drowsy?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		2,526	65	136	291	446	690	898
Never		1,686	21	55	165	252	449	744
Less than once a month, or		487	18	43	69	118	144	95
1 to 2 times a month		222	15	23	36	49	62	37
1 to 2 times a week		77	9	8	13	13	24	10
3 or more times a week		41	1	5	7	12	7	9
Don't know/Not sure		10	1	1	1	1	3	3
Refused		3		1		1	1	
MALE	Total	962	33	47	132	168	291	291
	Never	570	9	13	63	91	172	222
	Less than once a month, or	205	7	14	35	42	61	46
	1 to 2 times a month	115	12	13	22	20	36	12
	1 to 2 times a week	42	3	5	8	5	17	4
	3 or more times a week	23	1	1	3	9	4	5
	Don't know/Not sure	4	1		1			2
	Refused	3		1		1	1	
FEMALE	Total	1,564	32	89	159	278	399	607
	Never	1,116	12	42	102	161	277	522
	Less than once a month, or	282	11	29	34	76	83	49
	1 to 2 times a month	107	3	10	14	29	26	25
	1 to 2 times a week	35	6	3	5	8	7	6
	3 or more times a week	18		4	4	3	3	4
	Don't know/Not sure	6		1		1	3	1
	Refused							

Denominator is:
All survey respondents.

In the past 12 months, have you regularly had excessive sleepiness during the day?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		18.9	23.2	21.7	14.6	18.8	17.4	18.8
No		81.1	76.8	78.3	85.4	81.2	82.6	81.2
MALE	Yes	16.5	9.2	20.1	13.4	19.0	18.6	16.5
	No	83.5	90.8	79.9	86.6	81.0	81.4	83.5
FEMALE	Yes	21.2	38.1	23.5	15.8	18.7	16.1	20.7
	No	78.8	61.9	76.5	84.2	81.3	83.9	79.3

Denominator is:
All survey respondents.

In the past 12 months, have you regularly had excessive sleepiness during the day?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		2,526	65	136	291	446	690	898
Yes		466	16	25	45	88	121	171
No		2,033	49	109	243	357	564	711
Don't know/Not sure		25		2	3	1	4	15
Refused		2					1	1
MALE	Total	962	33	47	132	168	291	291
	Yes	172	4	8	20	31	59	50
	No	781	29	39	110	137	229	237
	Don't know/Not sure	8			2		2	4
FEMALE	Total	1,564	32	89	159	278	399	607
	Yes	294	12	17	25	57	62	121
	No	1,252	20	70	133	220	335	474
	Don't know/Not sure	17		2	1	1	2	11
Refused		1						1

Denominator is:
All survey respondents.