

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		34.3	34.8	45.4	32.9	39.7	31.7	21.3
7 to 9 hours		60.9	58.8	49.3	64.1	56.5	65.5	71.0
10 or more hours		4.8	6.4	5.2	3.0	3.9	2.8	7.7
MALE	<= 6 hours	33.7	39.2	44.2	33.9	35.8	30.5	18.1
	7 to 9 hours	62.3	60.8	48.7	62.9	60.3	67.5	75.5
	10 or more hours	4.0		7.1	3.1	3.9	2.1	6.3
FEMALE	<= 6 hours	34.9	30.1	46.7	31.9	43.5	32.8	23.8
	7 to 9 hours	59.5	56.6	50.1	65.3	52.7	63.6	67.4
	10 or more hours	5.6	13.3	3.2	2.8	3.8	3.6	8.8

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		5,029	103	272	573	878	1,279	1,924
<= 6 hours		1,420	40	112	181	317	375	395
7 to 9 hours		3,361	57	148	378	523	867	1,388
10 or more hours		242	6	11	13	36	36	140
Don't know/Not sure/Refused		6		1	1	2	1	1
MALE	Total	1,951	51	105	235	358	521	681
	<= 6 hours	526	22	44	77	121	141	121
	7 to 9 hours	1,349	29	54	154	221	370	521
	10 or more hours	75		7	4	15	10	39
	Don't know/Not sure/Refused	1				1		
FEMALE	Total	3,078	52	167	338	520	758	1,243
	<= 6 hours	894	18	68	104	196	234	274
	7 to 9 hours	2,012	28	94	224	302	497	867
	10 or more hours	167	6	4	9	21	26	101
	Don't know/Not sure/Refused	5		1	1	1	1	1

Denominator is:
All survey respondents.

Do you snore?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		48.9	20.2	43.5	52.0	57.3	61.6	50.7
No		51.1	79.8	56.5	48.0	42.7	38.4	49.3
MALE	Yes	54.1	18.6	46.0	66.5	62.6	65.5	55.4
	No	45.9	81.4	54.0	33.5	37.4	34.5	44.6
FEMALE	Yes	43.7	21.8	40.8	36.5	51.8	57.6	46.7
	No	56.3	78.2	59.2	63.5	48.2	42.4	53.3

Denominator is:
All survey respondents.

Oregon 2010 BRFSS

Do you snore?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,029	103	272	573	878	1,279	1,924
Yes		2,264	20	102	255	437	699	751
No		2,134	77	154	278	371	462	792
Don't know/Not sure		630	6	16	40	70	118	380
Refused		1						1
MALE	Total	1,951	51	105	235	358	521	681
	Yes	1,024	9	43	143	211	315	303
	No	719	38	55	79	126	164	257
	Don't know/Not sure	208	4	7	13	21	42	121
FEMALE	Total	3,078	52	167	338	520	758	1,243
	Yes	1,240	11	59	112	226	384	448
	No	1,415	39	99	199	245	298	535
	Don't know/Not sure	422	2	9	27	49	76	259
	Refused	1						1

Denominator is:
All survey respondents.

During the past 30 days, for about how many days did you find yourself unintentionally falling asleep during the day?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		65.5	57.1	70.8	70.0	65.5	67.5	59.3
1 to 13		27.5	41.2	22.7	25.1	26.1	24.8	29.9
14 to 29		3.9	1.7	3.2	3.9	4.2	5.1	4.4
All 30 days		3.1		3.3	1.0	4.2	2.6	6.4
MALE	None	66.9	55.2	75.2	68.2	69.7	68.7	59.4
	1 to 13	27.2	43.1	18.4	27.3	25.2	25.3	29.4
	14 to 29	3.0	1.7	3.0	3.2	3.5	3.1	3.2
	All 30 days	2.9		3.4	1.3	1.6	2.9	8.0
FEMALE	None	64.1	59.2	66.1	71.9	61.4	66.3	59.1
	1 to 13	27.9	39.1	27.3	22.6	27.0	24.3	30.4
	14 to 29	4.7	1.7	3.3	4.7	4.8	7.0	5.4
	All 30 days	3.4		3.2	.8	6.7	2.4	5.2

Denominator is:
All survey respondents.

During the past 30 days, for about how many days did you find yourself unintentionally falling asleep during the day?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,029	103	272	573	878	1,279	1,924
None		3,212	57	195	410	594	847	1,109
1 to 13		1,332	44	61	134	223	326	544
14 to 29		217	2	8	19	34	62	92
All 30 days		172		6	7	21	29	109
Don't know/Not sure/Refused		96		2	3	6	15	70
MALE	Total	1,951	51	105	235	358	521	681
	None	1,272	27	81	169	250	352	393
	1 to 13	512	23	18	54	91	133	193
	14 to 29	64	1	3	8	11	17	24
	All 30 days	69		3	4	4	14	44
	Don't know/Not sure/Refused	34				2	5	27
FEMALE	Total	3,078	52	167	338	520	758	1,243
	None	1,940	30	114	241	344	495	716
	1 to 13	820	21	43	80	132	193	351
	14 to 29	153	1	5	11	23	45	68
	All 30 days	103		3	3	17	15	65
	Don't know/Not sure/Refused	62		2	3	4	10	43

Denominator is:
All survey respondents.

During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment while driving?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		2.4	3.1	3.1	4.2	1.5	1.8	1.0
No		97.6	96.9	96.9	95.8	98.5	98.2	99.0
MALE	Yes	2.2	2.3	2.2	3.7	1.1	2.1	1.5
	No	97.8	97.7	97.8	96.3	98.9	97.9	98.5
FEMALE	Yes	2.6	3.9	3.9	4.7	1.8	1.5	.7
	No	97.4	96.1	96.1	95.3	98.2	98.5	99.3

Denominator is:
All survey respondents.

During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment while driving?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		5,029	103	272	573	878	1,279	1,924
Yes		86	3	8	23	13	22	17
No		4,940	100	264	549	865	1,257	1,905
Don't know/Not sure		3			1			2
Refused								
MALE	Total	1,951	51	105	235	358	521	681
	Yes	40	1	3	10	5	10	11
	No	1,909	50	102	224	353	511	669
	Don't know/Not sure	2			1			1
Refused								
FEMALE	Total	3,078	52	167	338	520	758	1,243
	Yes	46	2	5	13	8	12	6
	No	3,031	50	162	325	512	746	1,236
	Don't know/Not sure	1						1
Refused								

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?

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		29.9	24.1	18.0	25.1	21.9	34.7	54.2
1 to 13		40.2	40.7	38.8	42.7	45.4	42.1	31.5
14 to 29		18.6	20.7	27.3	22.3	20.4	13.9	7.3
All 30 days		11.3	14.5	15.9	9.9	12.3	9.3	6.9
MALE	None	32.8	23.4	20.7	29.6	24.9	39.6	59.7
	1 to 13	40.0	39.9	39.4	41.0	46.5	42.7	28.9
	14 to 29	17.2	23.7	27.2	17.1	20.1	10.4	3.9
	All 30 days	10.1	12.9	12.7	12.3	8.4	7.3	7.4
FEMALE	None	27.1	24.9	15.1	20.4	19.0	29.9	49.9
	1 to 13	40.4	41.4	38.2	44.5	44.3	41.6	33.6
	14 to 29	20.0	17.6	27.4	27.7	20.6	17.3	10.0
	All 30 days	12.5	16.1	19.3	7.3	16.2	11.2	6.5

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		5,573	198	408	682	968	1,347	1,970
None		1,888	43	66	135	204	432	1,008
1 to 13		2,184	85	169	318	437	568	607
14 to 29		867	43	107	154	201	201	161
All 30 days		526	25	62	65	114	126	134
Don't know/Not sure/Refused		108	2	4	10	12	20	60
MALE								
Total		2,224	102	173	295	400	551	703
None		824	22	30	68	104	204	396
1 to 13		889	45	76	141	179	236	212
14 to 29		291	25	45	50	77	63	31
All 30 days		188	9	21	33	35	43	47
Don't know/Not sure/Refused		32	1	1	3	5	5	17
FEMALE								
Total		3,349	96	235	387	568	796	1,267
None		1,064	21	36	67	100	228	612
1 to 13		1,295	40	93	177	258	332	395
14 to 29		576	18	62	104	124	138	130
All 30 days		338	16	41	32	79	83	87
Don't know/Not sure/Refused		76	1	3	7	7	15	43

Denominator is:

All survey respondents.