

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

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
None		28.4	28.7	20.0	18.6	24.5	31.8	45.7
1 to 13		44.3	47.9	45.3	48.4	45.7	43.4	36.5
14 to 29		16.4	15.7	20.9	22.5	18.3	13.5	8.3
All 30 days		10.8	7.7	13.8	10.5	11.5	11.3	9.5
Male	None	32.0	39.4	25.7	20.7	25.2	35.3	49.1
	1 to 13	43.2	45.4	42.0	48.2	45.3	41.3	36.6
	14 to 29	15.3	9.0	22.9	19.7	20.9	11.1	5.8
	All 30 days	9.5	6.2	9.4	11.5	8.6	12.4	8.5
Female	None	24.9	16.1	14.4	16.5	23.9	28.5	43.0
	1 to 13	45.4	50.9	48.6	48.6	46.2	45.4	36.4
	14 to 29	17.6	23.4	18.8	25.4	15.7	15.7	10.3
	All 30 days	12.1	9.6	18.2	9.4	14.3	10.4	10.3

Denominator is:
All survey respondents.

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

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,473	103	226	429	738	1,246	1,731
None		1,420	26	30	68	164	374	758
1 to 13		1,944	49	111	218	363	571	632
14 to 29		602	20	47	93	131	165	146
All 30 days		437	7	34	48	79	125	144
Don't know/Not sure/Refused		70	1	4	2	1	11	51
Male	Total	1,721	59	83	165	293	473	648
	None	604	21	17	28	69	158	311
	1 to 13	735	27	36	85	145	207	235
	14 to 29	203	9	19	33	52	50	40
	All 30 days	157	2	10	19	27	53	46
	Don't know/Not sure/Refused	22		1			5	16
Female	Total	2,752	44	143	264	445	773	1,083
	None	816	5	13	40	95	216	447
	1 to 13	1,209	22	75	133	218	364	397
	14 to 29	399	11	28	60	79	115	106
	All 30 days	280	5	24	29	52	72	98
	Don't know/Not sure/Refused	48	1	3	2	1	6	35

Denominator is:
All survey respondents.

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	31.3	26.7	37.1	37.7	35.4	28.7	21.9
7 to 9 hours	63.4	64.7	55.8	60.5	61.9	66.8	70.3
10 or more hours	5.3	8.6	7.2	1.8	2.7	4.5	7.8
Male <= 6 hours	30.8	21.4	39.7	38.4	37.0	27.9	17.6
7 to 9 hours	64.3	71.6	53.6	59.2	61.6	67.3	74.4
10 or more hours	4.9	7.0	6.7	2.3	1.4	4.8	7.9
Female <= 6 hours	31.8	32.7	34.5	36.9	33.9	29.5	25.2
7 to 9 hours	62.6	56.8	57.8	61.8	62.2	66.3	67.1
10 or more hours	5.6	10.5	7.7	1.3	3.9	4.2	7.7

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	4,469	103	226	429	737	1,245	1,729
<= 6 hours	1,204	26	83	152	240	340	363
7 to 9 hours	3,047	70	135	269	476	856	1,241
10 or more hours	216	7	8	8	21	49	123
Don't know/Not sure/Refused	2						2
Male Total	1,721	59	83	165	293	473	648
<= 6 hours	438	11	35	58	100	130	104
7 to 9 hours	1,203	45	45	103	188	325	497
10 or more hours	79	3	3	4	5	18	46
Don't know/Not sure/Refused	1						1
Female Total	2,748	44	143	264	444	772	1,081
<= 6 hours	766	15	48	94	140	210	259
7 to 9 hours	1,844	25	90	166	288	531	744
10 or more hours	137	4	5	4	16	31	77
Don't know/Not sure/Refused	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		50.4	23.2	41.6	50.2	63.3	60.7	53.8
No		49.6	76.8	58.4	49.8	36.7	39.3	46.2
Male	Yes	56.5	27.7	52.6	60.8	67.3	63.9	59.4
	No	43.5	72.3	47.4	39.2	32.7	36.1	40.6
Female	Yes	44.1	18.2	29.7	38.5	59.3	57.7	48.7
	No	55.9	81.8	70.3	61.5	40.7	42.3	51.3

Denominator is:
All survey respondents.

Do you snore?

(Unweighted Frequencies)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Total		4,468	103	226	429	737	1,245	1,728
Yes		2,074	21	75	179	408	659	732
No		1,802	76	130	220	277	446	653
Don't know/Not sure		592	6	21	30	52	140	343
Refused								
Male	Total	1,721	59	83	165	293	473	648
	Yes	938	14	38	91	183	272	340
	No	603	41	35	65	85	149	228
	Don't know/Not sure	180	4	10	9	25	52	80
Refused								
Female	Total	2,747	44	143	264	444	772	1,080
	Yes	1,136	7	37	88	225	387	392
	No	1,199	35	95	155	192	297	425
	Don't know/Not sure	412	2	11	21	27	88	263
Refused								

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		67.7	68.2	68.5	72.6	70.9	67.0	59.4
1 to 13		26.3	30.5	24.4	24.2	23.0	25.8	31.0
14 to 29		3.1	.8	4.2	1.3	3.1	4.0	4.3
All 30 days		3.0	.5	2.8	1.9	3.0	3.3	5.3
Male	None	65.5	68.2	66.7	69.6	66.5	64.1	58.1
	1 to 13	28.5	31.8	23.7	27.4	27.1	28.7	33.0
	14 to 29	2.8		5.8	.6	2.4	3.4	4.5
	All 30 days	3.2		3.8	2.5	4.0	3.8	4.4
Female	None	69.8	68.2	70.3	75.6	75.3	69.7	60.4
	1 to 13	24.2	28.9	25.2	21.1	18.9	23.0	29.4
	14 to 29	3.3	1.7	2.7	2.0	3.7	4.5	4.2
	All 30 days	2.7	1.2	1.8	1.3	2.1	2.8	6.0

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		4,467	103	226	429	737	1,245	1,727
None		2,945	67	170	316	535	855	1,002
1 to 13		1,170	33	45	96	167	304	525
14 to 29		152	2	6	8	19	39	78
All 30 days		129	1	3	6	11	33	75
Don't know/Not sure/Refused		71		2	3	5	14	47
Male	Total	1,720	59	83	165	293	473	647
	None	1,087	39	62	113	204	309	360
	1 to 13	499	20	16	44	77	132	210
	14 to 29	59		3	1	7	16	32
	All 30 days	48		1	4	4	14	25
	Don't know/Not sure/Refused	27		1	3	1	2	20
Female	Total	2,747	44	143	264	444	772	1,080
	None	1,858	28	108	203	331	546	642
	1 to 13	671	13	29	52	90	172	315
	14 to 29	93	2	3	7	12	23	46
	All 30 days	81	1	2	2	7	19	50
	Don't know/Not sure/Refused	44		1	1	4	12	27

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		1.5	.9	3.0	1.2	1.2	1.5	1.2
No		98.5	99.1	97.0	98.8	98.8	98.5	98.8
Male	Yes	2.0		5.1	2.0	1.2	1.7	1.6
	No	98.0	100.0	94.9	98.0	98.8	98.3	98.4
Female	Yes	1.1	2.0	.9	.4	1.2	1.2	.9
	No	98.9	98.0	99.1	99.6	98.8	98.8	99.1

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		4,466	103	226	429	737	1,244	1,727
Yes		67	2	5	7	8	23	22
No		4,396	101	221	422	729	1,220	1,703
Don't know/Not sure		3					1	2
Refused								
Male	Total	1,720	59	83	165	293	473	647
	Yes	35		4	5	4	11	11
	No	1,685	59	79	160	289	462	636
	Don't know/Not sure							
Refused								
Female	Total	2,746	44	143	264	444	771	1,080
	Yes	32	2	1	2	4	12	11
	No	2,711	42	142	262	440	758	1,067
	Don't know/Not sure	3					1	2
Refused								

Denominator is:
All survey respondents.