

**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		28.0	23.6	20.4	23.3	20.1	30.0	46.3
1 to 13		42.8	45.7	40.8	42.6	45.6	46.1	37.3
14 to 29		18.4	18.3	23.9	21.8	23.0	15.5	9.2
All 30 days		10.9	12.4	15.0	12.3	11.4	8.4	7.2
Male	None	30.6	31.8	16.6	25.5	22.4	34.0	52.4
	1 to 13	42.0	42.0	44.0	38.0	47.1	47.4	33.2
	14 to 29	16.5	13.1	24.9	23.8	19.9	10.6	6.7
	All 30 days	10.9	13.1	14.4	12.7	10.6	8.0	7.8
Female	None	25.5	15.4	24.0	21.1	17.8	26.2	41.3
	1 to 13	43.5	49.3	37.6	47.2	44.1	44.9	40.7
	14 to 29	20.1	23.6	22.9	19.8	25.9	20.1	11.3
	All 30 days	10.8	11.7	15.5	11.9	12.1	8.8	6.7

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		4,865	198	419	531	784	1,200	1,733
None		1,420	47	69	93	143	334	734
1 to 13		2,088	93	179	249	369	557	641
14 to 29		802	35	109	115	181	193	169
All 30 days		453	22	59	69	85	100	118
Don't know/Not sure/Refused		102	1	3	5	6	16	71
Male	Total	1,929	99	176	211	292	523	628
	None	626	31	24	41	58	167	305
	1 to 13	818	45	83	95	144	244	207
	14 to 29	269	13	45	46	57	60	48
	All 30 days	182	10	23	29	32	44	44
	Don't know/Not sure/Refused	34		1		1	8	24
Female	Total	2,936	99	243	320	492	677	1,105
	None	794	16	45	52	85	167	429
	1 to 13	1,270	48	96	154	225	313	434
	14 to 29	533	22	64	69	124	133	121
	All 30 days	271	12	36	40	53	56	74
	Don't know/Not sure/Refused	68	1	2	5	5	8	47

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	33.3	34.4	37.8	35.2	39.3	30.5	24.4
7 to 9 hours	62.5	58.9	58.5	60.8	58.0	65.7	70.2
10 or more hours	4.2	6.7	3.6	3.9	2.7	3.8	5.4
Male <= 6 hours	35.9	32.5	44.4	38.3	42.5	32.3	25.2
7 to 9 hours	60.4	60.9	53.0	58.1	56.0	64.2	69.3
10 or more hours	3.7	6.6	2.6	3.6	1.5	3.6	5.5
Female <= 6 hours	30.8	36.3	31.5	32.2	36.3	28.8	23.7
7 to 9 hours	64.5	57.0	63.9	63.5	59.9	67.1	71.0
10 or more hours	4.7	6.7	4.6	4.3	3.8	4.1	5.3

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	4,859	198	417	529	783	1,200	1,732
<= 6 hours	1,463	63	161	190	298	351	400
7 to 9 hours	3,149	114	243	322	458	794	1,218
10 or more hours	192	15	12	15	21	43	86
Don't know/Not sure/Refused	55	6	1	2	6	12	28
Male Total	1,926	99	175	211	291	523	627
<= 6 hours	595	29	76	80	121	154	135
7 to 9 hours	1,232	60	93	126	163	347	443
10 or more hours	76	7	5	4	6	17	37
Don't know/Not sure/Refused	23	3	1	1	1	5	12
Female Total	2,933	99	242	318	492	677	1,105
<= 6 hours	868	34	85	110	177	197	265
7 to 9 hours	1,917	54	150	196	295	447	775
10 or more hours	116	8	7	11	15	26	49
Don't know/Not sure/Refused	32	3		1	5	7	16

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		53.3	21.2	43.2	54.4	64.9	64.0	57.7
No		46.7	78.8	56.8	45.6	35.1	36.0	42.3
Male	Yes	59.4	23.7	50.5	65.0	72.8	66.4	62.7
	No	40.6	76.3	49.5	35.0	27.2	33.6	37.3
Female	Yes	47.4	18.6	36.0	43.9	57.1	61.8	53.2
	No	52.6	81.4	64.0	56.1	42.9	38.2	46.8

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		4,857	198	417	529	783	1,198	1,732
Yes		2,322	43	152	250	431	678	768
No		1,939	136	241	249	278	402	633
Don't know/Not sure		594	18	24	30	73	118	331
Refused		2	1			1		
Male	Total	1,925	99	175	211	291	522	627
	Yes	1,066	24	81	130	184	313	334
	No	682	65	87	71	83	159	217
	Don't know/Not sure	175	9	7	10	23	50	76
	Refused	2	1			1		
Female	Total	2,932	99	242	318	492	676	1,105
	Yes	1,256	19	71	120	247	365	434
	No	1,257	71	154	178	195	243	416
	Don't know/Not sure	419	9	17	20	50	68	255
	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		69.7	71.6	68.5	73.0	73.6	72.7	60.4
1 to 13		24.9	26.4	24.9	22.7	23.3	23.0	29.3
14 to 29		3.3	2.0	4.4	1.9	2.4	3.3	4.9
All 30 days		2.1		2.3	2.4	.8	1.0	5.4
Male	None	70.0	76.5	66.0	72.3	76.7	72.8	57.4
	1 to 13	24.9	20.6	28.8	23.5	21.8	21.8	31.7
	14 to 29	2.8	2.9	3.2	.6	1.4	4.4	4.2
	All 30 days	2.4		2.1	3.6	.2	1.0	6.6
Female	None	69.4	66.6	70.9	73.7	70.8	72.6	62.8
	1 to 13	24.9	32.3	21.2	21.9	24.6	24.1	27.4
	14 to 29	3.7	1.1	5.5	3.3	3.3	2.4	5.5
	All 30 days	1.9		2.4	1.1	1.3	.9	4.4

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		4,754	197	415	521	770	1,182	1,669
None		3,262	142	289	380	558	857	1,036
1 to 13		1,198	52	103	123	177	273	470
14 to 29		165	3	15	9	24	36	78
All 30 days		127		8	9	9	16	85
Don't know/Not sure/Refused		2				2		
Male	Total	1,877	99	173	210	285	515	595
	None	1,280	73	116	152	210	372	357
	1 to 13	486	24	51	51	65	118	177
	14 to 29	58	2	3	1	7	18	27
	All 30 days	52		3	6	2	7	34
	Don't know/Not sure/Refused	1				1		
Female	Total	2,877	98	242	311	485	667	1,074
	None	1,982	69	173	228	348	485	679
	1 to 13	712	28	52	72	112	155	293
	14 to 29	107	1	12	8	17	18	51
	All 30 days	75		5	3	7	9	51
	Don't know/Not sure/Refused	1				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?**

(Weighted Column Percents)

		Age Groups						
		Total	18-24	25-34	35-44	45-54	55-64	65+
Yes		1.9	1.3	2.7	2.8	2.2	1.8	.8
No		98.1	98.7	97.3	97.2	97.8	98.2	99.2
Male	Yes	2.1	1.5	2.6	3.8	.7	2.8	1.0
	No	97.9	98.5	97.4	96.2	99.3	97.2	99.0
Female	Yes	1.8	1.1	2.7	1.8	3.5	.9	.6
	No	98.2	98.9	97.3	98.2	96.5	99.1	99.4

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		4,853	198	416	528	782	1,197	1,732
Yes		83	3	14	12	19	21	14
No		4,763	195	402	516	762	1,175	1,713
Don't know/Not sure		4						4
Refused		3				1	1	1
Male	Total	1,923	99	174	211	291	521	627
	Yes	36	1	7	6	3	12	7
	No	1,884	98	167	205	287	508	619
	Don't know/Not sure	1						1
	Refused	2				1	1	
Female	Total	2,930	99	242	317	491	676	1,105
	Yes	47	2	7	6	16	9	7
	No	2,879	97	235	311	475	667	1,094
	Don't know/Not sure	3						3
	Refused	1						1

Denominator is:  
All survey respondents.