

On 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	30.7	27.1	31.6	37.4	36.0	31.6	21.3
7 to 9 hours	65.3	69.5	65.9	60.0	60.4	64.7	71.5
10 or more hours	4.0	3.4	2.5	2.6	3.6	3.8	7.1
Male <= 6 hours	31.4	27.4	33.9	40.8	33.3	33.5	19.6
7 to 9 hours	64.6	68.6	63.2	56.9	63.1	62.6	73.5
10 or more hours	4.0	4.1	2.9	2.3	3.6	3.9	6.9
Female <= 6 hours	30.0	26.7	29.3	33.9	38.6	29.8	22.8
7 to 9 hours	66.1	70.5	68.6	63.1	57.8	66.6	69.9
10 or more hours	3.9	2.7	2.1	2.9	3.6	3.6	7.3

Denominator is:

All survey respondents.

On 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	5,938	325	609	634	876	1,437	2,057
<= 6 hours	1,648	80	182	208	299	433	446
7 to 9 hours	4,024	236	413	411	545	950	1,469
10 or more hours	251	9	12	15	29	48	138
Don't know/Not sure/Refused	15		2		3	6	4
Male Total	2,553	171	310	294	401	605	772
<= 6 hours	728	47	100	105	132	185	159
7 to 9 hours	1,712	120	203	185	251	391	562
10 or more hours	102	4	6	4	15	24	49
Don't know/Not sure/Refused	11		1		3	5	2
Female Total	3,385	154	299	340	475	832	1,285
<= 6 hours	920	33	82	103	167	248	287
7 to 9 hours	2,312	116	210	226	294	559	907
10 or more hours	149	5	6	11	14	24	89
Don't know/Not sure/Refused	4		1			1	2

Denominator is:

All survey respondents.