

Oregon 2014 BRFSS

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	31.3	28.1	34.3	35.2	35.7	32.2	23.3
7 to 9 hours	65.4	68.6	63.5	62.2	61.8	64.2	71.3
10 or more hours	3.3	3.3	2.2	2.5	2.5	3.6	5.4
Male <= 6 hours	32.7	27.4	35.7	41.1	38.4	32.9	20.9
7 to 9 hours	64.3	68.0	63.6	57.3	59.2	63.6	73.7
10 or more hours	3.0	4.6	.7	1.6	2.4	3.5	5.4
Female <= 6 hours	30.0	28.9	32.9	29.3	33.0	31.5	25.3
7 to 9 hours	66.4	69.2	63.4	67.2	64.5	64.8	69.3
10 or more hours	3.6	1.9	3.7	3.5	2.5	3.7	5.4

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	5,202	283	468	525	742	1,159	2,025
<= 6 hours	1,430	74	161	177	232	349	437
7 to 9 hours	3,511	194	294	325	488	758	1,452
10 or more hours	188	12	9	13	15	38	101
Don't know/Not sure/Refused	73	3	4	10	7	14	35
Male Total	2,211	151	240	237	339	487	757
<= 6 hours	634	35	86	94	117	148	154
7 to 9 hours	1,473	105	150	135	214	316	553
10 or more hours	78	9	2	4	6	15	42
Don't know/Not sure/Refused	26	2	2	4	2	8	8
Female Total	2,991	132	228	288	403	672	1,268
<= 6 hours	796	39	75	83	115	201	283
7 to 9 hours	2,038	89	144	190	274	442	899
10 or more hours	110	3	7	9	9	23	59
Don't know/Not sure/Refused	47	1	2	6	5	6	27

Denominator is: All survey respondents.