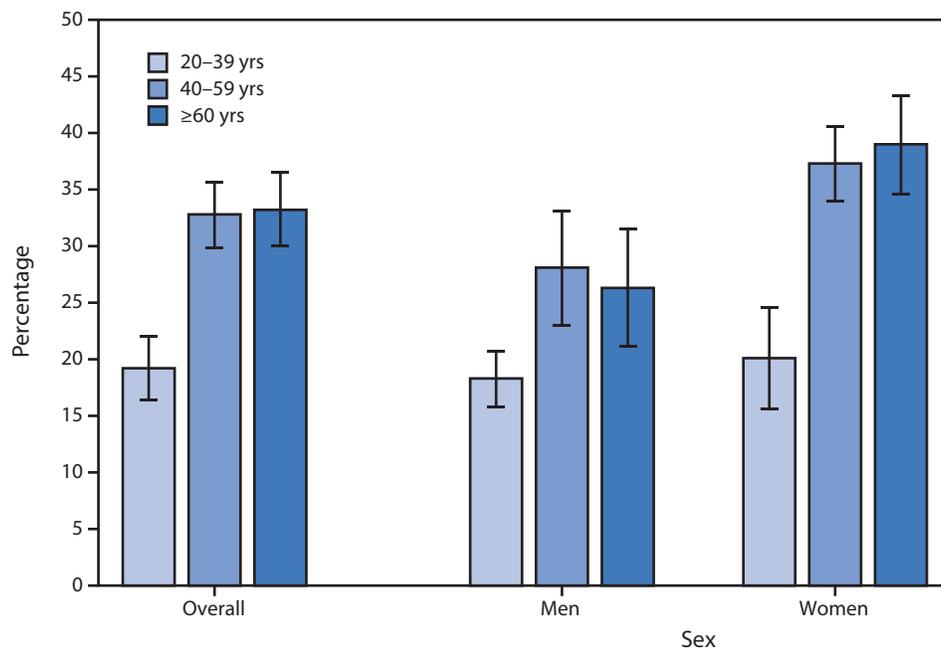


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged ≥ 20 Years Who Ever Told A Doctor That They Had Trouble Sleeping,[†] by Age Group and Sex — National Health and Nutrition Examination Survey, 2013–2014



* With 95% confidence intervals indicated by error bars.

[†] Participants were asked, "Have you ever told a doctor or other health professional that you have trouble sleeping?"

In 2013–2014, 28.0% of U.S. adults reported that they had told a doctor or other health professional that they had trouble sleeping. A smaller percentage of adults aged 20–39 years (19.2%) reported having trouble sleeping compared with persons aged 40–59 years (32.8%) and ≥ 60 years (33.2%). This pattern by age group was observed for both men and women, although larger percentages of women aged 40–59 years and ≥ 60 years reported trouble sleeping compared with men in those age groups.

Source: National Center for Health Statistics. National Health and Nutrition Examination survey data. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2013–2014. <http://www.cdc.gov/nchs/nhanes.htm>.

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