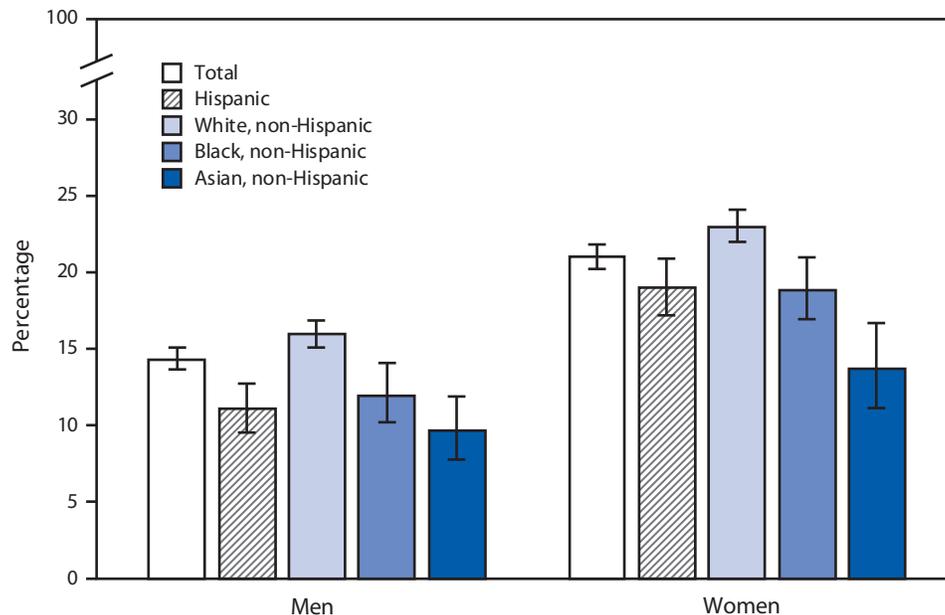


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Age-Adjusted Percentages\* of Adults Aged 18–64 Years Who Never Felt Rested in the Past Week,<sup>†</sup> by Sex, Race, and Hispanic Origin<sup>§</sup> — National Health Interview Survey,<sup>¶</sup> 2017–2018



\* With 95% confidence intervals indicated with error bars.

<sup>†</sup> Based on a response of “never” to the question “In the past week, on how many days did you wake up feeling well rested?”

<sup>§</sup> Categories shown are for Hispanic adults, who might be of any race or combination of races, and non-Hispanic adults who selected one racial group. Not all racial groups are shown. Total bars are based on all adults aged 18–64 years.

<sup>¶</sup> Estimates based on household interviews of a sample of the civilian, noninstitutionalized U.S. population are shown for sample adults aged 18–64 years and are age-adjusted using the projected 2000 U.S. population as the standard population using four age groups: 18–24, 25–34, 35–44, and 45–64 years.

During 2017–2018, among persons aged 18–64 years, women were more likely than men to report they never felt rested in the past week overall (21.1% versus 14.3%) and in each race and Hispanic origin group. Non-Hispanic white men (16.0%) were more likely to report they never felt rested than were Hispanic men (11.1%), non-Hispanic black men (12.0%), and non-Hispanic Asian men (9.7%). Non-Hispanic white women (23.0%) were more likely to report they never felt rested than were Hispanic women (19.0%), non-Hispanic black women (18.9%), and non-Hispanic Asian women (13.7%).

Source: National Center for Health Statistics, National Health Interview Survey, 2017–2018. <https://www.cdc.gov/nchs/nhis.htm>.

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