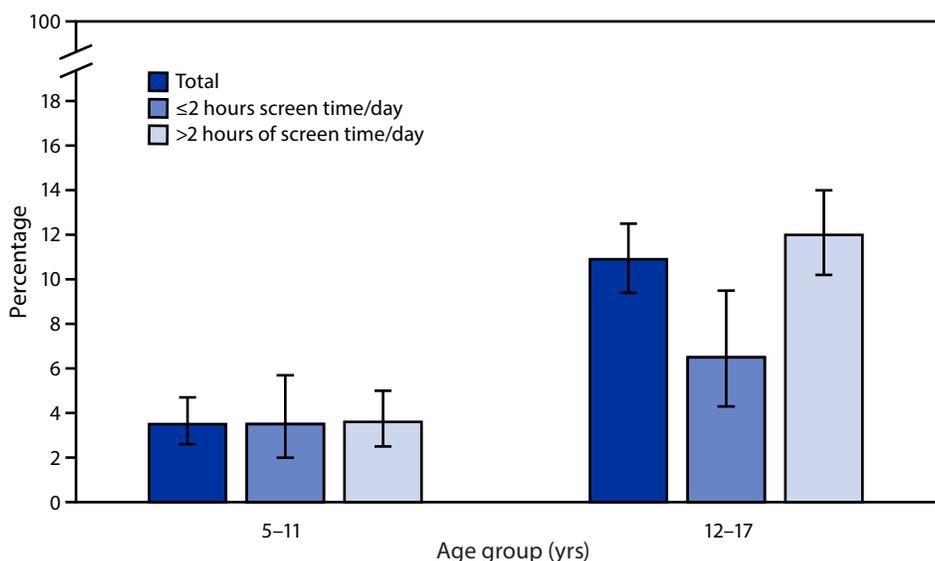


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Children and Adolescents Aged 5–17 Years Who Reported Being Tired Most Days or Every Day,[†] by Age Group and Hours of Screen Time[§] — National Health Interview Survey, United States, 2020[¶]



* With 95% CIs indicated by error bars.

[†] Based on a response to the question, “In a typical school week how often does (child’s name) complain about being tired during the day?” Response choices were “never,” “some days,” “most days,” or “every day.”

[§] Based on a response to the question, “On most weekdays does (child’s name) spend more than 2 hours a day in front of a TV, computer, cellphone, or other electronic device watching programs, playing games, accessing the Internet, or using social media?” Respondents were instructed not to include time spent for schoolwork.

[¶] Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

In 2020, 3.5% of children aged 5–11 years and 10.9% of adolescents aged 12–17 years reported being tired on most days or every day. Among adolescents aged 12–17, the percentage reporting being tired was higher (12.0%) for those who reported >2 hours of screen time (in addition to that for schoolwork) per weekday than for those who reported ≤2 hours of screen time each day (6.5%). In children aged 5–11 years, the percentage reporting being tired did not differ by hours of screen time (3.6% for >2 hours versus 3.5% for ≤2 hours). Regardless of the amount of screen time reported, adolescents aged 12–17 years were more likely to report being tired on most days or every day than were children aged 5–11 years.

Source: National Center for Health Statistics, National Health Interview Survey, 2020. <https://www.cdc.gov/nchs/nhis.htm>

Reported by: Cynthia Reuben, MA, creuben@cdc.gov, 301-458-4458; Nazik Elgaddal, MS.