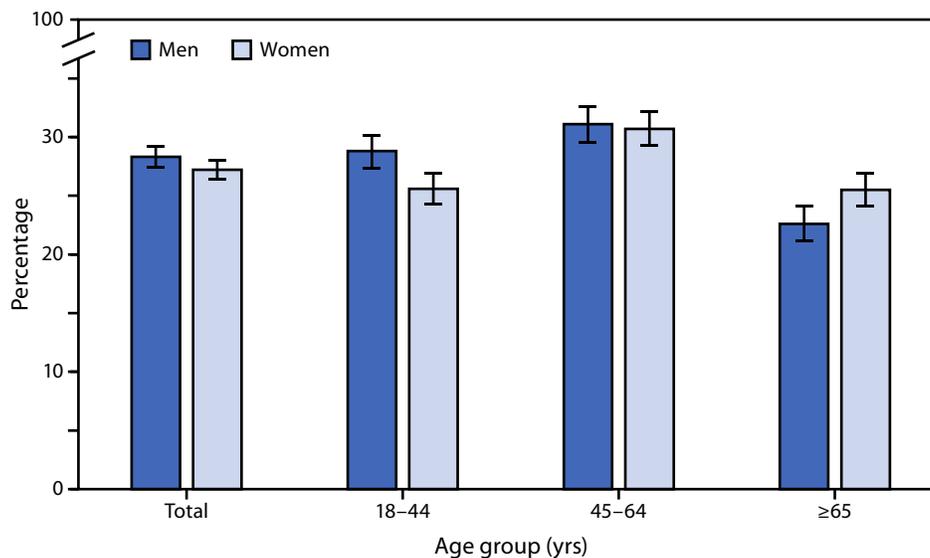


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage\* of Adults Aged $\geq 18$ Years Who Sleep $< 7$ Hours on Average in a 24-Hour Period,<sup>†</sup> by Sex and Age Group — National Health Interview Survey,<sup>§</sup> United States, 2020



\* With 95% CIs indicated by error bars.

<sup>†</sup> Determined by the number of hours indicated in respondents' answers to the questionnaire item asking, "On average, how many hours of sleep do you get in a 24-hour period?" Respondents were instructed to round to the nearest whole hour.

<sup>§</sup> Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

Overall, 28.3% of men and 27.2% of women aged  $\geq 18$  years slept  $< 7$  hours on average within a 24-hour period. Among persons aged 18–44 years, men (28.8%) were more likely to sleep  $< 7$  hours compared with women (25.6%). Among adults aged 45–64 years, the percentage was similar for men (31.1%) and women (30.7%). However, among those aged  $\geq 65$  years, women (25.5%) were more likely than men (22.6%) to sleep  $< 7$  hours.

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

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