

**Data Brief 436. Sleep Difficulties in Adults: United States, 2020**

**Data table for Figure 1. Percentage of adults aged 18 and over who had trouble falling asleep most days or every day in the past 30 days, by age, sex, and race and Hispanic origin: United States, 2020**

Characteristic	Percent (95% confidence interval)	Standard error
Total . . . . .	14.5 (13.9–15.1)	0.28
Age		
18–44 . . . . .	15.5 (14.6–16.4)	0.46
45–64 . . . . .	14.8 (13.9–15.7)	0.46
65 and over . . . . .	12.1 (11.3–12.9)	0.40
Sex		
Men . . . . .	11.7 (11.0–12.5)	0.38
Women . . . . .	17.1 (16.3–17.9)	0.40
Race and Hispanic origin		
Hispanic . . . . .	14.3 (12.9–15.8)	0.73
Non-Hispanic White . . . . .	15.1 (14.4–15.8)	0.34
Non-Hispanic Black . . . . .	13.7 (12.1–15.4)	0.85
Non-Hispanic Asian . . . . .	8.1 (6.7–9.8)	0.78

NOTE: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.  
 SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 2. Percentage of adults aged 18 and over who had trouble falling asleep most days or every day in the past 30 days, by family income, education, and urbanization level: United States, 2020**

Characteristic	Percent (95% confidence interval)	Standard error
Family income		
Less than 100% FPL . . . . .	21.9 (19.6–24.3)	1.16
100%–199% FPL . . . . .	17.9 (16.4–19.5)	0.77
200% or more FPL . . . . .	12.6 (12.1–13.2)	0.30
Education		
Less than a high school diploma . . . . .	17.0 (15.0–19.1)	1.04
High school diploma or GED . . . . .	15.5 (14.5–16.7)	0.56
Some college . . . . .	16.7 (15.7–17.7)	0.50
Bachelor’s degree or higher . . . . .	10.4 (9.7–11.0)	0.33
Urbanization level		
Nonmetro . . . . .	17.1 (15.3–18.9)	0.90
Medium and small metro . . . . .	16.3 (15.3–17.4)	0.55
Large fringe metro . . . . .	12.9 (11.9–14.0)	0.53
Large central metro . . . . .	12.7 (11.9–13.7)	0.45

NOTES: FPL is federal poverty level. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 3. Percentage of adults aged 18 and over who had trouble staying asleep most days or every day in the past 30 days, by age, sex, and race and Hispanic origin: United States, 2020**

Characteristic	Percent (95% confidence interval)	Standard error
Total . . . . .	17.8 (17.2–18.4)	0.31
Age		
18–44. . . . .	13.8 (12.9–14.6)	0.44
45–64. . . . .	21.8 (20.8–22.8)	0.51
65 and over . . . . .	20.3 (19.3–21.4)	0.52
Sex		
Men . . . . .	14.7 (13.9–15.5)	0.40
Women . . . . .	20.7 (19.8–21.5)	0.43
Race and Hispanic origin		
Hispanic. . . . .	10.6 (9.4–11.9)	0.61
Non-Hispanic White. . . . .	21.0 (20.2–21.7)	0.39
Non-Hispanic Black. . . . .	15.4 (13.7–17.3)	0.91
Non-Hispanic Asian . . . . .	8.7 (7.1–10.6)	0.86

NOTE: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.  
 SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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**Data table for Figure 4. Percentage of adults aged 18 and over who had trouble staying asleep most days or every day in the past 30 days, by family income, education, and urbanization level: United States, 2020**

Characteristic	Percent (95% confidence interval)	Standard error
Family income		
Less than 100% FPL . . . . .	22.1 (20.0–24.4)	1.11
100%–199% FPL . . . . .	18.8 (17.4–20.4)	0.76
200% or more FPL . . . . .	16.9 (16.3–17.6)	0.32
Education		
Less than a high school diploma . . . . .	16.6 (14.7–18.7)	0.99
High school diploma or GED . . . . .	18.1 (16.9–19.3)	0.59
Some college . . . . .	19.5 (18.4–20.5)	0.54
Bachelor’s degree or higher . . . . .	16.3 (15.5–17.1)	0.42
Urbanization level		
Nonmetro . . . . .	22.4 (20.5–24.4)	0.98
Medium and small metro . . . . .	19.2 (18.1–20.4)	0.60
Large fringe metro . . . . .	17.6 (16.5–18.8)	0.57
Large central metro . . . . .	14.4 (13.5–15.3)	0.47

NOTES: FPL is federal poverty level. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.