

Data Brief 437. Regular Bedtimes Among Children Aged 5–17 Years: United States, 2020

Data table for Figure 1. Percent distribution of how often school-aged children (5–17 years) had a regular bedtime in a typical school week: United States, 2020

Frequency of regular bedtime in a typical school week	Percent (95% confidence interval)	Standard error
Every day.	47.1 (45.1–49.1)	1.01
Most days	37.3 (35.3–39.4)	1.04
Some days.	10.5 (9.3–11.8)	0.62
Never.	5.0 (4.2–5.9)	0.43

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. Figures may not add to 100 due to rounding.

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

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Data table for Figure 2. Percentage of children aged 5–17 years who had a regular bedtime every day or most days in a typical school week, by sex, age group, and race and Hispanic origin: United States, 2020

Characteristic	Percent (95% confidence interval)	Standard error
Total	84.5 (83.0–85.9)	0.73
Sex		
Boys	84.7 (82.5–86.7)	1.04
Girls	84.2 (82.1–86.1)	1.00
Age group		
5–11	89.6 (87.5–91.4)	0.95
12–17	78.9 (76.6–81.0)	1.10
Race and Hispanic origin		
Hispanic	83.0 (80.0–85.8)	1.43
Non-Hispanic White	86.9 (84.8–88.7)	0.97
Non-Hispanic Black	77.3 (71.8–82.2)	2.56
Non-Hispanic Asian	88.5 (83.9–92.2)	2.03

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 3. Percentage of children aged 5–17 years who had a regular bedtime every day or most days in a typical school week, by family type, social vulnerability, family income, and urbanicity: United States, 2020

Characteristic	Percent (95% confidence interval)	Standard error
Family type		
Single parent	77.7 (74.1–81.0)	1.72
Two parents	86.8 (85.0–88.5)	0.89
Other	82.3 (75.2–88.0)	3.10
Social Vulnerability Index score		
Little to no social vulnerability	88.3 (84.9–91.1)	1.50
Low social vulnerability	84.8 (82.0–87.4)	1.32
Medium social vulnerability	82.3 (79.4–84.9)	1.36
High social vulnerability	84.0 (81.1–86.7)	1.38
Family income		
Less than 100% FPL	76.1 (71.0–80.7)	2.40
100%–199% FPL	82.5 (78.6–85.9)	1.81
200% or more FPL	87.2 (85.6–88.7)	0.79
Urbanicity		
Urban	84.0 (82.2–85.6)	0.83
Rural	86.7 (83.6–89.5)	1.45

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 4. Percentage of children aged 5–17 years who were tired during the day most days or every day in a typical school week, by regular bedtime status: United States, 2020

Regular bedtime	Percent (95% confidence interval)	Standard error
Every day or most days	5.9 (5.0–7.0)	0.49
Some days or never	13.0 (10.3–16.0)	1.42

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.