

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes</b>	100.0	31.7 (0.20)	68.3 (0.20)
Age			
18–24 years	100.0	36.4 (0.64)	63.6 (0.64)
25–44 years	100.0	31.8 (0.30)	68.2 (0.30)
45–64 years	100.0	33.8 (0.30)	66.2 (0.30)
65–74 years	100.0	25.1 (0.44)	74.9 (0.44)
75 years and over	100.0	22.0 (0.47)	78.0 (0.47)
Race			
One race <sup>2</sup>	100.0	31.5 (0.20)	68.5 (0.20)
White	100.0	30.2 (0.22)	69.8 (0.22)
Black or African American	100.0	39.7 (0.47)	60.3 (0.47)
American Indian or Alaska Native	100.0	37.3 (1.88)	62.7 (1.88)
Asian	100.0	31.3 (0.64)	68.7 (0.64)
Native Hawaiian or Other Pacific Islander	100.0	49.1 (4.68)	50.9 (4.68)
Two or more races <sup>3</sup>	100.0	41.9 (1.31)	58.1 (1.31)
Black or African American, white	100.0	47.3 (3.34)	52.7 (3.34)
American Indian or Alaska Native, white	100.0	43.5 (2.02)	56.5 (2.02)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	30.7 (0.41)	69.3 (0.41)
Mexican or Mexican American	100.0	28.6 (0.52)	71.4 (0.52)
Not Hispanic or Latino	100.0	32.0 (0.22)	68.0 (0.22)
White, single race	100.0	30.4 (0.26)	69.6 (0.26)
Black or African American, single race	100.0	40.0 (0.48)	60.0 (0.48)
American Indian or Alaska Native, single race	100.0	37.3 (2.69)	62.7 (2.69)
Education <sup>5</sup>			
Less than high school diploma	100.0	30.9 (0.47)	69.1 (0.47)
GED or equivalent <sup>6</sup>	100.0	37.3 (1.09)	62.7 (1.09)
High school graduate	100.0	32.1 (0.42)	67.9 (0.42)
Some college, no degree	100.0	35.2 (0.44)	64.8 (0.44)
Associate's degree	100.0	33.3 (0.53)	66.7 (0.53)
Bachelor's degree	100.0	27.0 (0.37)	73.0 (0.37)
Master's, professional, or doctoral degree	100.0	24.5 (0.48)	75.5 (0.48)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	36.8 (0.47)	63.2 (0.47)
100% to less than 200% of the poverty threshold	100.0	34.3 (0.41)	65.7 (0.41)
200% to less than 400% of the poverty threshold	100.0	32.1 (0.33)	67.9 (0.33)
400% of the poverty threshold or greater	100.0	28.1 (0.32)	71.9 (0.32)

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes (continued)</b>			
Marital status			
Married	100.0	29.1 (0.26)	70.9 (0.26)
Widowed	100.0	38.4 (2.19)	61.6 (2.19)
Divorced or separated	100.0	38.6 (0.52)	61.4 (0.52)
Never married	100.0	33.3 (0.43)	66.7 (0.43)
Living with a partner	100.0	33.6 (0.74)	66.4 (0.74)
Region			
Northeast	100.0	32.0 (0.48)	68.0 (0.48)
Midwest	100.0	31.6 (0.44)	68.4 (0.44)
South	100.0	32.4 (0.34)	67.6 (0.34)
West	100.0	30.2 (0.36)	69.8 (0.36)
Place of residence <sup>8</sup>			
Large MSA	100.0	31.8 (0.26)	68.2 (0.26)
Small MSA	100.0	31.2 (0.38)	68.8 (0.38)
Not in MSA	100.0	32.4 (0.50)	67.6 (0.50)

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men</b>	100.0	31.6 (0.26)	68.4 (0.26)
Age			
18–24 years	100.0	36.7 (0.85)	63.3 (0.85)
25–44 years	100.0	32.2 (0.43)	67.8 (0.43)
45–64 years	100.0	34.3 (0.44)	65.7 (0.44)
65–74 years	100.0	23.0 (0.64)	77.0 (0.64)
75 years and over	100.0	18.4 (0.70)	81.6 (0.70)
Race			
One race <sup>2</sup>	100.0	31.5 (0.27)	68.5 (0.27)
White	100.0	30.2 (0.29)	69.8 (0.29)
Black or African American	100.0	39.9 (0.69)	60.1 (0.69)
American Indian or Alaska Native	100.0	35.8 (2.17)	64.2 (2.17)
Asian	100.0	30.7 (0.97)	69.3 (0.97)
Native Hawaiian or Other Pacific Islander	100.0	45.0 (5.19)	55.0 (5.19)
Two or more races <sup>3</sup>	100.0	41.2 (1.90)	58.8 (1.90)
Black or African American, white	100.0	54.2 (4.62)	45.8 (4.62)
American Indian or Alaska Native, white	100.0	41.3 (3.07)	58.7 (3.07)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	29.5 (0.58)	70.5 (0.58)
Mexican or Mexican American	100.0	27.3 (0.74)	72.7 (0.74)
Not Hispanic or Latino	100.0	32.2 (0.29)	67.8 (0.29)
White, single race	100.0	30.7 (0.33)	69.3 (0.33)
Black or African American, single race	100.0	40.1 (0.71)	59.9 (0.71)
American Indian or Alaska Native, single race	100.0	37.4 (3.00)	62.6 (3.00)
Education <sup>5</sup>			
Less than high school diploma	100.0	29.9 (0.66)	70.1 (0.66)
GED or equivalent <sup>6</sup>	100.0	37.5 (1.47)	62.5 (1.47)
High school graduate	100.0	31.7 (0.56)	68.3 (0.56)
Some college, no degree	100.0	35.7 (0.67)	64.3 (0.67)
Associate's degree	100.0	33.7 (0.79)	66.3 (0.79)
Bachelor's degree	100.0	27.7 (0.54)	72.3 (0.54)
Master's, professional, or doctoral degree	100.0	24.1 (0.70)	75.9 (0.70)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	35.2 (0.71)	64.8 (0.71)
100% to less than 200% of the poverty threshold	100.0	32.8 (0.60)	67.2 (0.60)
200% to less than 400% of the poverty threshold	100.0	32.8 (0.46)	67.2 (0.46)
400% of the poverty threshold or greater	100.0	29.2 (0.45)	70.8 (0.45)

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men (continued)</b>			
Marital status			
Married	100.0	30.2 (0.36)	69.8 (0.36)
Widowed	100.0	43.8 (4.11)	56.2 (4.11)
Divorced or separated	100.0	37.6 (0.79)	62.4 (0.79)
Never married	100.0	31.7 (0.61)	68.3 (0.61)
Living with a partner	100.0	35.1 (1.03)	64.9 (1.03)
Region			
Northeast	100.0	32.2 (0.69)	67.8 (0.69)
Midwest	100.0	31.6 (0.59)	68.4 (0.59)
South	100.0	32.2 (0.43)	67.8 (0.43)
West	100.0	30.2 (0.47)	69.8 (0.47)
Place of residence <sup>8</sup>			
Large MSA	100.0	31.8 (0.37)	68.2 (0.37)
Small MSA	100.0	31.5 (0.48)	68.5 (0.48)
Not in MSA	100.0	31.5 (0.66)	68.5 (0.66)

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women</b>	100.0	31.6 (0.25)	68.4 (0.25)
Age			
18–24 years	100.0	36.2 (0.88)	63.8 (0.88)
25–44 years	100.0	31.3 (0.39)	68.7 (0.39)
45–64 years	100.0	33.3 (0.40)	66.7 (0.40)
65–74 years	100.0	26.9 (0.60)	73.1 (0.60)
75 years and over	100.0	24.5 (0.63)	75.5 (0.63)
Race			
One race <sup>2</sup>	100.0	31.5 (0.25)	68.5 (0.25)
White	100.0	30.0 (0.29)	70.0 (0.29)
Black or African American	100.0	39.6 (0.61)	60.4 (0.61)
American Indian or Alaska Native	100.0	38.6 (2.99)	61.4 (2.99)
Asian	100.0	31.7 (0.87)	68.3 (0.87)
Native Hawaiian or Other Pacific Islander	100.0	46.5 (5.35)	53.5 (5.35)
Two or more races <sup>3</sup>	100.0	42.6 (1.82)	57.4 (1.82)
Black or African American, white	100.0	43.1 (4.38)	56.9 (4.38)
American Indian or Alaska Native, white	100.0	45.6 (2.84)	54.4 (2.84)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	31.8 (0.53)	68.2 (0.53)
Mexican or Mexican American	100.0	29.8 (0.69)	70.2 (0.69)
Not Hispanic or Latino	100.0	31.8 (0.28)	68.2 (0.28)
White, single race	100.0	29.9 (0.34)	70.1 (0.34)
Black or African American, single race	100.0	39.9 (0.62)	60.1 (0.62)
American Indian or Alaska Native, single race	100.0	37.0 (3.98)	63.0 (3.98)
Education <sup>5</sup>			
Less than high school diploma	100.0	31.7 (0.64)	68.3 (0.64)
GED or equivalent <sup>6</sup>	100.0	37.0 (1.39)	63.0 (1.39)
High school graduate	100.0	32.4 (0.57)	67.6 (0.57)
Some college, no degree	100.0	34.7 (0.55)	65.3 (0.55)
Associate's degree	100.0	33.0 (0.70)	67.0 (0.70)
Bachelor's degree	100.0	26.4 (0.50)	73.6 (0.50)
Master's, professional, or doctoral degree	100.0	25.1 (0.66)	74.9 (0.66)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	38.0 (0.55)	62.0 (0.55)
100% to less than 200% of the poverty threshold	100.0	35.6 (0.55)	64.4 (0.55)
200% to less than 400% of the poverty threshold	100.0	31.2 (0.46)	68.8 (0.46)
400% of the poverty threshold or greater	100.0	26.9 (0.43)	73.1 (0.43)

**Table SLP–2a. Age-adjusted percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women (continued)</b>			
Marital status			
Married	100.0	28.2 (0.35)	71.8 (0.35)
Widowed	100.0	37.0 (2.47)	63.0 (2.47)
Divorced or separated	100.0	39.3 (0.68)	60.7 (0.68)
Never married	100.0	34.9 (0.58)	65.1 (0.58)
Living with a partner	100.0	32.0 (1.04)	68.0 (1.04)
Region			
Northeast	100.0	31.8 (0.64)	68.2 (0.64)
Midwest	100.0	31.6 (0.54)	68.4 (0.54)
South	100.0	32.5 (0.43)	67.5 (0.43)
West	100.0	30.1 (0.48)	69.9 (0.48)
Place of residence <sup>8</sup>			
Large MSA	100.0	31.7 (0.33)	68.3 (0.33)
Small MSA	100.0	30.8 (0.49)	69.2 (0.49)
Not in MSA	100.0	33.3 (0.63)	66.7 (0.63)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

<sup>1</sup>Healthy People 2020 (available from: <http://www.healthypeople.gov/>) provides an objective for sufficient sleep among adults (SH–4). Sufficient sleep is defined as 8 or more hours for adults aged 18 to 21 years, and 7 or more hours for adults aged 22 years and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18 to 21 years, and less than 7 hours for adults aged 22 years and older. Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using three age groups: 25–44, 45–64, and 65 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>8</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include adults of other races and unknown race and ethnicity, unknown education, and unknown marital status. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using three age groups: 18–44, 45–64, and 65 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Black LI, Nugent CN, Adams PF. Tables of adult health behaviors, sleep: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>. SOURCE: NCHS, National Health Interview Survey, 2011–2014.

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes</b>	235,845	73,041	157,856
Age			
18–24 years	30,153	10,796	18,853
25–44 years	81,276	25,325	54,400
45–64 years	81,945	27,110	53,101
65–74 years	24,278	5,940	17,765
75 years and over	18,194	3,870	13,736
Race			
One race <sup>2</sup>	232,068	71,467	155,753
White	188,610	55,525	129,346
Black or African American	28,367	11,124	16,453
American Indian or Alaska Native	1,954	716	1,187
Asian	12,745	3,909	8,573
Native Hawaiian or Other Pacific Islander	393	192	194
Two or more races <sup>3</sup>	3,776	1,574	2,103
Black or African American, white	753	329	405
American Indian or Alaska Native, white	1,557	657	846
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	34,996	10,575	23,736
Mexican or Mexican American	21,611	6,129	15,085
Not Hispanic or Latino	200,849	62,466	134,120
White, single race	156,720	46,091	107,517
Black or African American, single race	27,201	10,720	15,711
American Indian or Alaska Native, single race	1,230	449	746
Education <sup>5</sup>			
Less than high school diploma	27,998	8,366	18,871
GED or equivalent <sup>6</sup>	6,018	2,212	3,651
High school graduate	46,650	14,411	31,015
Some college, no degree	35,745	12,344	22,704
Associate's degree	23,771	7,886	15,443
Bachelor's degree	40,524	10,961	28,878
Master's, professional, or doctoral degree	23,877	5,774	17,738
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	32,666	11,745	20,004
100% to less than 200% of the poverty threshold	45,025	14,897	29,135
200% to less than 400% of the poverty threshold	70,656	21,957	47,247
400% of the poverty threshold or greater	87,498	24,441	61,470

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes (continued)</b>			
Marital status			
Married	124,885	35,722	86,884
Widowed	14,165	3,932	9,794
Divorced or separated	26,937	9,986	16,251
Never married	52,245	17,560	33,541
Living with a partner	17,226	5,734	11,146
Region			
Northeast	41,864	13,183	27,810
Midwest	53,927	16,556	36,119
South	86,250	27,325	57,076
West	53,805	15,977	36,850
Place of residence <sup>8</sup>			
Large MSA	126,734	39,637	84,475
Small MSA	72,525	22,085	48,935
Not in MSA	36,586	11,318	24,446

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men</b>	113,760	35,392	76,090
Age			
18–24 years	15,174	5,477	9,462
25–44 years	40,089	12,672	26,629
45–64 years	39,742	13,369	25,584
65–74 years	11,317	2,544	8,526
75 years and over	7,437	1,330	5,890
Race			
One race <sup>2</sup>	111,961	34,652	75,084
White	92,063	27,318	62,941
Black or African American	12,796	5,090	7,422
American Indian or Alaska Native	938	334	585
Asian	5,969	1,808	4,047
Native Hawaiian or Other Pacific Islander	195	102	90
Two or more races <sup>3</sup>	1,799	739	1,006
Black or African American, white	304	142	153
American Indian or Alaska Native, white	757	300	425
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	17,639	5,193	12,122
Mexican or Mexican American	11,070	3,052	7,825
Not Hispanic or Latino	96,121	30,199	63,968
White, single race	75,967	22,691	51,774
Black or African American, single race	12,261	4,896	7,085
American Indian or Alaska Native, single race	549	203	334
Education <sup>5</sup>			
Less than high school diploma	13,693	3,945	9,388
GED or equivalent <sup>6</sup>	3,268	1,201	1,976
High school graduate	22,609	7,036	15,007
Some college, no degree	16,464	5,817	10,355
Associate's degree	10,637	3,574	6,871
Bachelor's degree	19,491	5,421	13,737
Master's, professional, or doctoral degree	11,883	2,796	8,929
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	13,870	4,815	8,678
100% to less than 200% of the poverty threshold	20,335	6,494	13,423
200% to less than 400% of the poverty threshold	34,669	11,094	22,924
400% of the poverty threshold or greater	44,886	12,988	31,066

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men (continued)</b>			
Marital status			
Married	63,247	18,558	43,540
Widowed	3,037	769	2,188
Divorced or separated	11,148	4,072	6,789
Never married	27,722	8,996	18,133
Living with a partner	8,467	2,959	5,357
Region			
Northeast	20,132	6,438	13,321
Midwest	26,300	8,130	17,538
South	40,974	12,959	27,197
West	26,354	7,864	18,035
Place of residence <sup>8</sup>			
Large MSA	61,372	19,321	40,876
Small MSA	34,977	10,833	23,405
Not in MSA	17,411	5,238	11,809

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women</b>	122,085	37,649	81,765
Age			
18–24 years	14,979	5,320	9,392
25–44 years	41,187	12,653	27,771
45–64 years	42,203	13,741	27,517
65–74 years	12,960	3,396	9,240
75 years and over	10,757	2,540	7,847
Race			
One race <sup>2</sup>	120,107	36,815	80,669
White	96,547	28,208	66,405
Black or African American	15,570	6,034	9,032
American Indian or Alaska Native	1,015	382	601
Asian	6,776	2,101	4,526
Native Hawaiian or Other Pacific Islander	198	90	105
Two or more races <sup>3</sup>	1,978	834	1,097
Black or African American, white	449	187	251
American Indian or Alaska Native, white	800	358	421
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	17,357	5,382	11,614
Mexican or Mexican American	10,541	3,077	7,260
Not Hispanic or Latino	104,728	32,267	70,152
White, single race	80,752	23,401	55,743
Black or African American, single race	14,940	5,824	8,627
American Indian or Alaska Native, single race	681	246	411
Education <sup>5</sup>			
Less than high school diploma	14,305	4,421	9,484
GED or equivalent <sup>6</sup>	2,750	1,011	1,675
High school graduate	24,041	7,374	16,008
Some college, no degree	19,281	6,527	12,349
Associate's degree	13,134	4,312	8,572
Bachelor's degree	21,032	5,541	15,141
Master's, professional, or doctoral degree	11,994	2,978	8,809
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	18,796	6,930	11,326
100% to less than 200% of the poverty threshold	24,690	8,403	15,712
200% to less than 400% of the poverty threshold	35,988	10,862	24,323
400% of the poverty threshold or greater	42,612	11,453	30,404

**Table SLP–2b. Frequency (number in thousands) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women (continued)</b>			
Marital status			
Married	61,638	17,164	43,344
Widowed	11,128	3,163	7,606
Divorced or separated	15,788	5,914	9,463
Never married	24,523	8,564	15,408
Living with a partner	8,759	2,775	5,789
Region			
Northeast	21,732	6,744	14,490
Midwest	27,626	8,426	18,582
South	45,276	14,366	29,879
West	27,451	8,113	18,815
Place of residence <sup>8</sup>			
Large MSA	65,362	20,316	43,599
Small MSA	37,548	11,253	25,530
Not in MSA	19,175	6,080	12,637

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

<sup>1</sup>Healthy People 2020 (available from: <http://www.healthypeople.gov/>) provides an objective for sufficient sleep among adults (SH–4). Sufficient sleep is defined as 8 or more hours for adults aged 18 to 21 years, and 7 or more hours for adults aged 22 years and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18 to 21 years, and less than 7 hours for adults aged 22 years and older. Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>8</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they were included in the "All adults aged 18 and over" column. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, unknown health insurance, and unknown marital status. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Black LI, Nugent CN, Adams PF. Tables of adult health behaviors, sleep: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes</b>	100.0	31.6 (0.20)	68.4 (0.20)
Age			
18–24 years	100.0	36.4 (0.64)	63.6 (0.64)
25–44 years	100.0	31.8 (0.30)	68.2 (0.30)
45–64 years	100.0	33.8 (0.30)	66.2 (0.30)
65–74 years	100.0	25.1 (0.44)	74.9 (0.44)
75 years and over	100.0	22.0 (0.47)	78.0 (0.47)
Race			
One race <sup>2</sup>	100.0	31.5 (0.20)	68.5 (0.20)
White	100.0	30.0 (0.22)	70.0 (0.22)
Black or African American	100.0	40.3 (0.48)	59.7 (0.48)
American Indian or Alaska Native	100.0	37.6 (1.90)	62.4 (1.90)
Asian	100.0	31.3 (0.66)	68.7 (0.66)
Native Hawaiian or Other Pacific Islander	100.0	49.6 (4.45)	50.4 (4.45)
Two or more races <sup>3</sup>	100.0	42.8 (1.32)	57.2 (1.32)
Black or African American, white	100.0	44.8 (3.10)	55.2 (3.10)
American Indian or Alaska Native, white	100.0	43.7 (2.06)	56.3 (2.06)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	30.8 (0.41)	69.2 (0.41)
Mexican or Mexican American	100.0	28.9 (0.50)	71.1 (0.50)
Not Hispanic or Latino	100.0	31.8 (0.22)	68.2 (0.22)
White, single race	100.0	30.0 (0.25)	70.0 (0.25)
Black or African American, single race	100.0	40.6 (0.49)	59.4 (0.49)
American Indian or Alaska Native, single race	100.0	37.6 (2.67)	62.4 (2.67)
Education <sup>5</sup>			
Less than high school diploma	100.0	30.7 (0.45)	69.3 (0.45)
GED or equivalent <sup>6</sup>	100.0	37.7 (1.10)	62.3 (1.10)
High school graduate	100.0	31.7 (0.40)	68.3 (0.40)
Some college, no degree	100.0	35.2 (0.43)	64.8 (0.43)
Associate's degree	100.0	33.8 (0.55)	66.2 (0.55)
Bachelor's degree	100.0	27.5 (0.38)	72.5 (0.38)
Master's, professional, or doctoral degree	100.0	24.6 (0.48)	75.4 (0.48)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	37.0 (0.48)	63.0 (0.48)
100% to less than 200% of the poverty threshold	100.0	33.8 (0.40)	66.2 (0.40)
200% to less than 400% of the poverty threshold	100.0	31.7 (0.32)	68.3 (0.32)
400% of the poverty threshold or greater	100.0	28.4 (0.31)	71.6 (0.31)

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Both sexes (continued)</b>			
Marital status			
Married	100.0	29.1 (0.25)	70.9 (0.25)
Widowed	100.0	28.6 (0.55)	71.4 (0.55)
Divorced or separated	100.0	38.1 (0.43)	61.9 (0.43)
Never married	100.0	34.4 (0.44)	65.6 (0.44)
Living with a partner	100.0	34.0 (0.63)	66.0 (0.63)
Region			
Northeast	100.0	32.2 (0.47)	67.8 (0.47)
Midwest	100.0	31.4 (0.44)	68.6 (0.44)
South	100.0	32.4 (0.34)	67.6 (0.34)
West	100.0	30.2 (0.36)	69.8 (0.36)
Place of residence <sup>8</sup>			
Large MSA	100.0	31.9 (0.26)	68.1 (0.26)
Small MSA	100.0	31.1 (0.39)	68.9 (0.39)
Not in MSA	100.0	31.6 (0.46)	68.4 (0.46)

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men</b>	100.0	31.7 (0.26)	68.3 (0.26)
Age			
18–24 years	100.0	36.7 (0.85)	63.3 (0.85)
25–44 years	100.0	32.2 (0.43)	67.8 (0.43)
45–64 years	100.0	34.3 (0.44)	65.7 (0.44)
65–74 years	100.0	23.0 (0.64)	77.0 (0.64)
75 years and over	100.0	18.4 (0.70)	81.6 (0.70)
Race			
One race <sup>2</sup>	100.0	31.6 (0.27)	68.4 (0.27)
White	100.0	30.3 (0.29)	69.7 (0.29)
Black or African American	100.0	40.7 (0.70)	59.3 (0.70)
American Indian or Alaska Native	100.0	36.4 (2.26)	63.6 (2.26)
Asian	100.0	30.9 (0.99)	69.1 (0.99)
Native Hawaiian or Other Pacific Islander	100.0	53.2 (6.60)	46.8 (6.60)
Two or more races <sup>3</sup>	100.0	42.4 (1.96)	57.6 (1.96)
Black or African American, white	100.0	48.0 (4.66)	52.0 (4.66)
American Indian or Alaska Native, white	100.0	41.4 (3.02)	58.6 (3.02)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	30.0 (0.59)	70.0 (0.59)
Mexican or Mexican American	100.0	28.1 (0.73)	71.9 (0.73)
Not Hispanic or Latino	100.0	32.1 (0.29)	67.9 (0.29)
White, single race	100.0	30.5 (0.32)	69.5 (0.32)
Black or African American, single race	100.0	40.9 (0.72)	59.1 (0.72)
American Indian or Alaska Native, single race	100.0	37.8 (3.03)	62.2 (3.03)
Education <sup>5</sup>			
Less than high school diploma	100.0	29.6 (0.65)	70.4 (0.65)
GED or equivalent <sup>6</sup>	100.0	37.8 (1.48)	62.2 (1.48)
High school graduate	100.0	31.9 (0.56)	68.1 (0.56)
Some college, no degree	100.0	36.0 (0.66)	64.0 (0.66)
Associate's degree	100.0	34.2 (0.81)	65.8 (0.81)
Bachelor's degree	100.0	28.3 (0.55)	71.7 (0.55)
Master's, professional, or doctoral degree	100.0	23.8 (0.69)	76.2 (0.69)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	35.7 (0.74)	64.3 (0.74)
100% to less than 200% of the poverty threshold	100.0	32.6 (0.60)	67.4 (0.60)
200% to less than 400% of the poverty threshold	100.0	32.6 (0.45)	67.4 (0.45)
400% of the poverty threshold or greater	100.0	29.5 (0.43)	70.5 (0.43)

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Men (continued)</b>			
Marital status			
Married	100.0	29.9 (0.35)	70.1 (0.35)
Widowed	100.0	26.0 (1.09)	74.0 (1.09)
Divorced or separated	100.0	37.5 (0.64)	62.5 (0.64)
Never married	100.0	33.2 (0.57)	66.8 (0.57)
Living with a partner	100.0	35.6 (0.92)	64.4 (0.92)
Region			
Northeast	100.0	32.6 (0.70)	67.4 (0.70)
Midwest	100.0	31.7 (0.59)	68.3 (0.59)
South	100.0	32.3 (0.43)	67.7 (0.43)
West	100.0	30.4 (0.47)	69.6 (0.47)
Place of residence <sup>8</sup>			
Large MSA	100.0	32.1 (0.38)	67.9 (0.38)
Small MSA	100.0	31.6 (0.48)	68.4 (0.48)
Not in MSA	100.0	30.7 (0.63)	69.3 (0.63)

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women</b>	100.0	31.5 (0.25)	68.5 (0.25)
Age			
18–24 years	100.0	36.2 (0.88)	63.8 (0.88)
25–44 years	100.0	31.3 (0.39)	68.7 (0.39)
45–64 years	100.0	33.3 (0.40)	66.7 (0.40)
65–74 years	100.0	26.9 (0.60)	73.1 (0.60)
75 years and over	100.0	24.5 (0.63)	75.5 (0.63)
Race			
One race <sup>2</sup>	100.0	31.3 (0.25)	68.7 (0.25)
White	100.0	29.8 (0.29)	70.2 (0.29)
Black or African American	100.0	40.1 (0.62)	59.9 (0.62)
American Indian or Alaska Native	100.0	38.9 (2.92)	61.1 (2.92)
Asian	100.0	31.7 (0.88)	68.3 (0.88)
Native Hawaiian or Other Pacific Islander	100.0	46.2 (5.36)	53.8 (5.36)
Two or more races <sup>3</sup>	100.0	43.2 (1.84)	56.8 (1.84)
Black or African American, white	100.0	42.7 (4.10)	57.3 (4.10)
American Indian or Alaska Native, white	100.0	45.9 (2.91)	54.1 (2.91)
Hispanic or Latino origin <sup>4</sup> and race			
Hispanic or Latino	100.0	31.7 (0.54)	68.3 (0.54)
Mexican or Mexican American	100.0	29.8 (0.66)	70.2 (0.66)
Not Hispanic or Latino	100.0	31.5 (0.28)	68.5 (0.28)
White, single race	100.0	29.6 (0.32)	70.4 (0.32)
Black or African American, single race	100.0	40.3 (0.63)	59.7 (0.63)
American Indian or Alaska Native, single race	100.0	37.4 (3.84)	62.6 (3.84)
Education <sup>5</sup>			
Less than high school diploma	100.0	31.8 (0.61)	68.2 (0.61)
GED or equivalent <sup>6</sup>	100.0	37.6 (1.39)	62.4 (1.39)
High school graduate	100.0	31.5 (0.53)	68.5 (0.53)
Some college, no degree	100.0	34.6 (0.54)	65.4 (0.54)
Associate's degree	100.0	33.5 (0.71)	66.5 (0.71)
Bachelor's degree	100.0	26.8 (0.52)	73.2 (0.52)
Master's, professional, or doctoral degree	100.0	25.3 (0.66)	74.7 (0.66)
Poverty status <sup>7</sup>			
Less than 100% of the poverty threshold	100.0	38.0 (0.56)	62.0 (0.56)
100% to less than 200% of the poverty threshold	100.0	34.8 (0.54)	65.2 (0.54)
200% to less than 400% of the poverty threshold	100.0	30.9 (0.45)	69.1 (0.45)
400% of the poverty threshold or greater	100.0	27.4 (0.42)	72.6 (0.42)

**Table SLP–2c. Crude percentage (with standard errors) of adults aged 18 and over who met the Healthy People 2020 objective for sufficient sleep, by sex and selected characteristics: United States, annualized, 2011–2014**

Selected characteristic	All adults aged 18 and over	Insufficient sleep <sup>1</sup>	Sufficient sleep <sup>1</sup>
<b>Women (continued)</b>			
Marital status			
Married	100.0	28.4 (0.35)	71.6 (0.35)
Widowed	100.0	29.4 (0.63)	70.6 (0.63)
Divorced or separated	100.0	38.5 (0.57)	61.5 (0.57)
Never married	100.0	35.7 (0.58)	64.3 (0.58)
Living with a partner	100.0	32.4 (0.90)	67.6 (0.90)
Region			
Northeast	100.0	31.8 (0.61)	68.2 (0.61)
Midwest	100.0	31.2 (0.53)	68.8 (0.53)
South	100.0	32.5 (0.43)	67.5 (0.43)
West	100.0	30.1 (0.48)	69.9 (0.48)
Place of residence <sup>8</sup>			
Large MSA	100.0	31.8 (0.33)	68.2 (0.33)
Small MSA	100.0	30.6 (0.50)	69.4 (0.50)
Not in MSA	100.0	32.5 (0.57)	67.5 (0.57)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

<sup>1</sup>Healthy People 2020 (available from: <http://www.healthypeople.gov/>) provides an objective for sufficient sleep among adults (SH–4). Sufficient sleep is defined as 8 or more hours for adults aged 18 to 21 years, and 7 or more hours for adults aged 22 years and over, on average during a 24-hour period. Insufficient sleep is defined as less than 8 hours of sleep for adults aged 18 to 21 years, and less than 7 hours for adults aged 22 years and older. Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>Based on family income and family size using the U.S. Census Bureau poverty thresholds for 2010, 2011, 2012, and 2013.

<sup>8</sup>MSA is metropolitan statistical area. Large MSAs have a population of 1 million or more; small MSAs have a population of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and estimates were weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages, but they were included in the "All adults aged 18 and over" column. Percentages may not add to totals due to rounding. "Both sexes," "men," and "women" include persons of other races and unknown race and ethnicity, unknown education, unknown health insurance, and unknown marital status. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Black LI, Nugent CN, Adams PF. Tables of adult health behaviors, sleep: National Health Interview Survey, 2011–2014. 2016. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: NCHS, National Health Interview Survey, 2011–2014.