

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes	100.0	29.7 (0.19)	61.6 (0.21)	8.7 (0.11)
Age				
18–24 years	100.0	22.9 (0.48)	63.6 (0.60)	13.4 (0.47)
25–44 years	100.0	31.8 (0.30)	62.4 (0.32)	5.8 (0.15)
45–64 years	100.0	33.8 (0.30)	60.1 (0.32)	6.2 (0.14)
65–74 years	100.0	25.1 (0.44)	63.6 (0.48)	11.3 (0.32)
75 years and over	100.0	22.0 (0.47)	57.1 (0.57)	20.9 (0.48)
Race				
One race ²	100.0	29.6 (0.19)	61.7 (0.21)	8.6 (0.11)
White	100.0	28.3 (0.21)	63.0 (0.24)	8.7 (0.13)
Black or African American	100.0	37.8 (0.47)	52.6 (0.47)	9.7 (0.28)
American Indian or Alaska Native	100.0	35.0 (1.75)	55.3 (1.80)	9.6 (0.99)
Asian	100.0	29.6 (0.63)	64.4 (0.68)	6.0 (0.35)
Native Hawaiian or Other Pacific Islander	100.0	47.5 (4.98)	44.3 (4.58)	8.2 (2.06)
Two or more races ³	100.0	37.7 (1.28)	53.0 (1.41)	9.2 (0.76)
Black or African American, white	100.0	40.5 (3.24)	54.3 (3.35)	5.2 (1.46)
American Indian or Alaska Native, white	100.0	40.5 (2.07)	48.7 (2.16)	10.8 (1.15)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	28.8 (0.40)	62.2 (0.42)	8.9 (0.26)
Mexican or Mexican American	100.0	26.8 (0.52)	63.5 (0.54)	9.7 (0.36)
Not Hispanic or Latino	100.0	30.1 (0.21)	61.4 (0.23)	8.6 (0.12)
White, single race	100.0	28.5 (0.24)	62.9 (0.28)	8.6 (0.15)
Black or African American, single race	100.0	38.0 (0.48)	52.4 (0.48)	9.6 (0.29)
American Indian or Alaska Native, single race	100.0	35.8 (2.57)	54.5 (2.56)	9.7 (1.23)
Education ⁵				
Less than high school diploma	100.0	30.9 (0.47)	57.6 (0.52)	11.4 (0.30)
GED or equivalent ⁶	100.0	37.3 (1.09)	53.2 (1.08)	9.5 (0.62)
High school graduate	100.0	32.1 (0.42)	59.1 (0.43)	8.8 (0.22)
Some college, no degree	100.0	35.2 (0.44)	57.3 (0.45)	7.5 (0.23)
Associate's degree	100.0	33.3 (0.53)	59.2 (0.57)	7.5 (0.29)
Bachelor's degree	100.0	27.0 (0.37)	67.3 (0.40)	5.7 (0.20)
Master's, professional, or doctoral degree	100.0	24.5 (0.48)	70.3 (0.55)	5.3 (0.35)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	33.6 (0.43)	55.0 (0.47)	11.4 (0.29)
100% to less than 200% of the poverty threshold	100.0	32.2 (0.39)	57.2 (0.43)	10.6 (0.26)
200% to less than 400% of the poverty threshold	100.0	30.4 (0.34)	60.9 (0.35)	8.7 (0.22)
400% of the poverty threshold or greater	100.0	26.8 (0.30)	66.6 (0.33)	6.5 (0.18)

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes (continued)				
Marital status				
Married	100.0	29.0 (0.26)	64.0 (0.28)	7.1 (0.14)
Widowed	100.0	38.4 (2.19)	54.0 (2.21)	7.7 (0.80)
Divorced or separated	100.0	38.5 (0.51)	54.0 (0.52)	7.6 (0.26)
Never married	100.0	28.9 (0.41)	60.5 (0.44)	10.6 (0.29)
Living with a partner	100.0	32.4 (0.74)	58.6 (0.79)	9.0 (0.52)
Region				
Northeast	100.0	29.9 (0.46)	62.8 (0.50)	7.4 (0.25)
Midwest	100.0	29.4 (0.41)	61.7 (0.47)	8.9 (0.24)
South	100.0	30.7 (0.32)	60.2 (0.34)	9.1 (0.19)
West	100.0	28.3 (0.35)	62.9 (0.38)	8.7 (0.22)
Place of residence ⁸				
Large MSA	100.0	29.9 (0.26)	62.4 (0.28)	7.7 (0.14)
Small MSA	100.0	29.2 (0.35)	61.5 (0.37)	9.4 (0.22)
Not in MSA	100.0	30.6 (0.47)	59.0 (0.58)	10.4 (0.32)

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men	100.0	29.6 (0.25)	62.4 (0.27)	8.0 (0.15)
Age				
18–24 years	100.0	22.9 (0.70)	65.0 (0.81)	12.1 (0.56)
25–44 years	100.0	32.2 (0.43)	63.1 (0.43)	4.7 (0.18)
45–64 years	100.0	34.3 (0.44)	60.1 (0.46)	5.6 (0.20)
65–74 years	100.0	23.0 (0.64)	65.7 (0.71)	11.4 (0.47)
75 years and over	100.0	18.4 (0.70)	58.4 (0.97)	23.2 (0.83)
Race				
One race ²	100.0	29.5 (0.26)	62.6 (0.28)	7.9 (0.15)
White	100.0	28.3 (0.28)	63.7 (0.30)	7.9 (0.17)
Black or African American	100.0	37.3 (0.68)	53.4 (0.72)	9.3 (0.44)
American Indian or Alaska Native	100.0	34.0 (2.15)	57.1 (2.32)	8.9 (1.37)
Asian	100.0	29.1 (0.95)	65.9 (0.99)	5.1 (0.45)
Native Hawaiian or Other Pacific Islander	100.0	44.1 (5.45)	42.9 (5.39)	13.0 (2.15)
Two or more races ³	100.0	36.9 (1.84)	52.9 (2.02)	10.1 (1.29)
Black or African American, white	100.0	48.2 (4.49)	46.4 (5.13)	*
American Indian or Alaska Native, white	100.0	37.1 (2.98)	50.8 (3.22)	12.1 (2.22)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	27.5 (0.56)	63.9 (0.60)	8.5 (0.35)
Mexican or Mexican American	100.0	25.6 (0.73)	65.0 (0.79)	9.4 (0.48)
Not Hispanic or Latino	100.0	30.2 (0.28)	62.0 (0.31)	7.8 (0.16)
White, single race	100.0	28.8 (0.32)	63.4 (0.36)	7.7 (0.19)
Black or African American, single race		37.5 (0.69)	53.3 (0.74)	9.2 (0.45)
American Indian or Alaska Native, single race	100.0	35.7 (2.97)	54.4 (3.14)	9.9 (1.75)
Education ⁵				
Less than high school diploma	100.0	29.9 (0.66)	58.8 (0.69)	11.4 (0.42)
GED or equivalent ⁶	100.0	37.5 (1.47)	53.2 (1.48)	9.3 (0.84)
High school graduate	100.0	31.7 (0.56)	59.9 (0.60)	8.4 (0.32)
Some college, no degree	100.0	35.7 (0.67)	57.7 (0.68)	6.6 (0.32)
Associate's degree	100.0	33.7 (0.79)	59.6 (0.84)	6.8 (0.46)
Bachelor's degree	100.0	27.7 (0.54)	67.4 (0.58)	5.0 (0.26)
Master's, professional, or doctoral degree	100.0	24.1 (0.70)	71.9 (0.75)	4.0 (0.27)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	31.7 (0.67)	57.2 (0.69)	11.1 (0.45)
100% to less than 200% of the poverty threshold	100.0	30.5 (0.57)	58.5 (0.61)	11.0 (0.37)
200% to less than 400% of the poverty threshold	100.0	31.0 (0.45)	60.8 (0.48)	8.1 (0.27)
400% of the poverty threshold or greater	100.0	27.8 (0.43)	66.8 (0.46)	5.4 (0.21)

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men (continued)				
Marital status				
Married	100.0	30.1 (0.36)	64.0 (0.38)	5.9 (0.17)
Widowed	100.0	43.8 (4.11)	50.5 (4.11)	5.8 (0.50)
Divorced or separated	100.0	37.6 (0.79)	55.0 (0.82)	7.4 (0.39)
Never married	100.0	27.2 (0.58)	62.2 (0.66)	10.6 (0.42)
Living with a partner	100.0	34.3 (1.03)	57.7 (1.11)	8.0 (0.64)
Region				
Northeast	100.0	29.9 (0.67)	63.3 (0.72)	6.8 (0.36)
Midwest	100.0	29.2 (0.55)	62.9 (0.61)	7.9 (0.31)
South	100.0	30.5 (0.41)	61.0 (0.45)	8.5 (0.25)
West	100.0	28.3 (0.45)	63.5 (0.47)	8.2 (0.29)
Place of residence ⁸				
Large MSA	100.0	29.8 (0.37)	63.1 (0.38)	7.1 (0.19)
Small MSA	100.0	29.4 (0.42)	62.1 (0.47)	8.5 (0.27)
Not in MSA	100.0	29.7 (0.63)	60.6 (0.77)	9.7 (0.47)

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Women	100.0	29.8 (0.25)	60.9 (0.27)	9.3 (0.16)
Age				
18–24 years	100.0	23.0 (0.66)	62.2 (0.83)	14.8 (0.69)
25–44 years	100.0	31.3 (0.39)	61.7 (0.42)	7.0 (0.23)
45–64 years	100.0	33.3 (0.40)	60.0 (0.41)	6.6 (0.19)
65–74 years	100.0	26.9 (0.60)	61.9 (0.64)	11.3 (0.43)
75 years and over	100.0	24.5 (0.63)	56.3 (0.72)	19.3 (0.58)
Race				
One race ²	100.0	29.7 (0.25)	61.0 (0.27)	9.4 (0.16)
White	100.0	28.2 (0.29)	62.4 (0.31)	9.4 (0.18)
Black or African American	100.0	38.1 (0.60)	51.8 (0.61)	10.1 (0.36)
American Indian or Alaska Native	100.0	35.9 (2.80)	53.8 (2.52)	10.3 (1.35)
Asian	100.0	30.0 (0.85)	63.2 (0.92)	6.8 (0.49)
Native Hawaiian or Other Pacific Islander	100.0	44.2 (5.47)	46.8 (5.82)	*9.1 (3.14)
Two or more races ³	100.0	38.5 (1.77)	53.0 (1.92)	8.4 (1.00)
Black or African American, white	100.0	35.7 (4.19)	58.1 (4.32)	*6.1 (2.03)
American Indian or Alaska Native, white	100.0	43.8 (2.74)	46.7 (2.87)	9.6 (1.38)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	29.9 (0.53)	60.7 (0.55)	9.4 (0.36)
Mexican or Mexican American	100.0	27.9 (0.69)	62.1 (0.69)	10.0 (0.51)
Not Hispanic or Latino	100.0	29.9 (0.27)	60.8 (0.30)	9.3 (0.18)
White, single race	100.0	28.1 (0.32)	62.5 (0.36)	9.4 (0.22)
Black or African American, single race		38.3 (0.61)	51.7 (0.61)	10.0 (0.36)
American Indian or Alaska Native, single race	100.0	35.7 (3.86)	54.8 (3.43)	9.5 (1.50)
Education ⁵				
Less than high school diploma	100.0	31.7 (0.64)	56.5 (0.71)	11.7 (0.44)
GED or equivalent ⁶	100.0	37.0 (1.39)	53.1 (1.39)	10.0 (0.85)
High school graduate	100.0	32.4 (0.57)	58.3 (0.58)	9.3 (0.30)
Some college, no degree	100.0	34.7 (0.55)	57.1 (0.57)	8.2 (0.31)
Associate's degree	100.0	33.0 (0.70)	58.9 (0.72)	8.1 (0.38)
Bachelor's degree	100.0	26.4 (0.50)	67.3 (0.54)	6.3 (0.29)
Master's, professional, or doctoral degree	100.0	25.1 (0.66)	68.5 (0.76)	6.4 (0.57)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	34.9 (0.53)	53.4 (0.58)	11.7 (0.38)
100% to less than 200% of the poverty threshold	100.0	33.5 (0.53)	56.2 (0.57)	10.3 (0.37)
200% to less than 400% of the poverty threshold	100.0	29.7 (0.49)	61.0 (0.48)	9.2 (0.33)
400% of the poverty threshold or greater	100.0	25.7 (0.42)	66.4 (0.45)	7.8 (0.29)

Table SLP–1a. Age-adjusted percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men (continued)				
Marital status				
Married	100.0	27.9 (0.35)	64.0 (0.37)	8.1 (0.20)
Widowed	100.0	37.0 (2.47)	54.8 (2.51)	8.1 (0.99)
Divorced or separated	100.0	39.0 (0.65)	53.3 (0.67)	7.7 (0.35)
Never married	100.0	30.5 (0.56)	58.7 (0.58)	10.7 (0.40)
Living with a partner	100.0	30.4 (1.03)	59.6 (1.11)	9.9 (0.80)
Region				
Northeast	100.0	29.8 (0.60)	62.3 (0.67)	7.9 (0.34)
Midwest	100.0	29.5 (0.55)	60.6 (0.60)	10.0 (0.37)
South	100.0	30.9 (0.43)	59.5 (0.45)	9.7 (0.25)
West	100.0	28.3 (0.47)	62.3 (0.51)	9.3 (0.29)
Place of residence ⁸				
Large MSA	100.0	30.0 (0.33)	61.7 (0.37)	8.3 (0.21)
Small MSA	100.0	28.8 (0.49)	60.9 (0.50)	10.2 (0.29)
Not in MSA	100.0	31.4 (0.58)	57.5 (0.67)	11.1 (0.41)

* 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%.

¹Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

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

³Refers 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.

⁴Refers 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.

⁵Shown 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.

⁶GED is General Educational Development high school equivalency diploma.

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

⁸MSA 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–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes	235,845	69,048	141,918	19,930
Age				
18–24 years	30,153	6,804	18,861	3,985
25–44 years	81,276	25,325	49,745	4,655
45–64 years	81,945	27,110	48,166	4,934
65–74 years	24,278	5,940	15,086	2,680
75 years and over	18,194	3,870	10,061	3,676
Race				
One race ²	232,068	67,661	139,948	19,611
White	188,610	52,535	116,213	16,123
Black or African American	28,367	10,577	14,431	2,570
American Indian or Alaska Native	1,954	671	1,056	176
Asian	12,745	3,693	8,075	713
Native Hawaiian or Other Pacific Islander	393	184	174	*29
Two or more races ³	3,776	1,388	1,971	318
Black or African American, white	753	246	447	41
American Indian or Alaska Native, white	1,557	617	724	162
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	34,996	9,795	21,583	2,932
Mexican or Mexican American	21,611	5,640	13,622	1,953
Not Hispanic or Latino	200,849	59,253	120,335	16,997
White, single race	156,720	43,791	96,357	13,460
Black or African American, single race	27,201	10,193	13,787	2,451
American Indian or Alaska Native, single race	1,230	433	647	115
Education ⁵				
Less than high school diploma	27,998	8,366	15,488	3,383
GED or equivalent ⁶	6,018	2,212	3,112	539
High school graduate	46,650	14,411	26,784	4,231
Some college, no degree	35,745	12,344	20,098	2,606
Associate's degree	23,771	7,886	13,769	1,674
Bachelor's degree	40,524	10,961	26,779	2,099
Master's, professional, or doctoral degree	23,877	5,774	16,480	1,258
Poverty status ⁷				
Less than 100% of the poverty threshold	32,666	10,555	17,653	3,541
100% to less than 200% of the poverty threshold	45,025	13,971	25,213	4,848
200% to less than 400% of the poverty threshold	70,656	20,927	42,081	6,196
400% of the poverty threshold or greater	87,498	23,596	56,971	5,345

Table SLP–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes (continued)				
Marital status				
Married	124,885	35,563	78,216	8,827
Widowed	14,165	3,932	7,619	2,175
Divorced or separated	26,937	9,961	14,184	2,092
Never married	52,245	14,029	31,659	5,414
Living with a partner	17,226	5,458	10,031	1,392
Region				
Northeast	41,864	12,455	25,538	3,001
Midwest	53,927	15,475	32,517	4,682
South	86,250	26,069	50,664	7,668
West	53,805	15,050	33,199	4,579
Place of residence ⁸				
Large MSA	126,734	37,456	77,248	9,407
Small MSA	72,525	20,773	43,591	6,656
Not in MSA	36,586	10,819	21,079	3,866

Table SLP–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men	113,760	33,329	69,392	8,760
Age				
18–24 years	15,174	3,415	9,714	1,809
25–44 years	40,089	12,672	24,802	1,828
45–64 years	39,742	13,369	23,393	2,191
65–74 years	11,317	2,544	7,268	1,257
75 years and over	7,437	1,330	4,215	1,675
Race				
One race ²	111,961	32,680	68,458	8,599
White	92,063	25,795	57,324	7,139
Black or African American	12,796	4,765	6,655	1,091
American Indian or Alaska Native	938	316	527	77
Asian	5,969	1,704	3,871	280
Native Hawaiian or Other Pacific Islander	195	100	81	*11
Two or more races ³	1,799	650	935	162
Black or African American, white	304	112	174	*10
American Indian or Alaska Native, white	757	273	364	87
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	17,639	4,776	11,159	1,380
Mexican or Mexican American	11,070	2,808	7,129	940
Not Hispanic or Latino	96,121	28,553	58,234	7,380
White, single race	75,967	21,545	47,040	5,880
Black or African American, single race	12,261	4,585	6,351	1,044
American Indian or Alaska Native, single race	549	194	291	52
Education ⁵				
Less than high school diploma	13,693	3,945	7,770	1,618
GED or equivalent ⁶	3,268	1,201	1,692	284
High school graduate	22,609	7,036	13,151	1,856
Some college, no degree	16,464	5,817	9,311	1,044
Associate's degree	10,637	3,574	6,206	666
Bachelor's degree	19,491	5,421	12,853	883
Master's, professional, or doctoral degree	11,883	2,796	8,401	528
Poverty status ⁷				
Less than 100% of the poverty threshold	13,870	4,266	7,796	1,432
100% to less than 200% of the poverty threshold	20,335	6,030	11,674	2,213
200% to less than 400% of the poverty threshold	34,669	10,518	20,664	2,836
400% of the poverty threshold or greater	44,886	12,515	29,258	2,280

Table SLP–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men (continued)				
Marital status				
Married	63,247	18,514	39,523	4,062
Widowed	3,037	769	1,688	499
Divorced or separated	11,148	4,071	5,932	857
Never married	27,722	7,070	17,295	2,764
Living with a partner	8,467	2,868	4,880	568
Region				
Northeast	20,132	6,056	12,379	1,324
Midwest	26,300	7,547	16,128	1,992
South	40,974	12,340	24,428	3,388
West	26,354	7,386	16,458	2,056
Place of residence ⁸				
Large MSA	61,372	18,158	37,893	4,145
Small MSA	34,977	10,169	21,188	2,881
Not in MSA	17,411	5,002	10,311	1,734

Table SLP–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Women	122,085	35,719	72,526	11,169
Age				
18–24 years	14,979	3,390	9,146	2,175
25–44 years	41,187	12,653	24,943	2,827
45–64 years	42,203	13,741	24,773	2,743
65–74 years	12,960	3,396	7,817	1,422
75 years and over	10,757	2,540	5,846	2,001
Race				
One race ²	120,107	34,981	71,490	11,013
White	96,547	26,740	58,888	8,984
Black or African American	15,570	5,812	7,775	1,479
American Indian or Alaska Native	1,015	356	529	99
Asian	6,776	1,989	4,205	433
Native Hawaiian or Other Pacific Islander	198	84	92	*18
Two or more races ³	1,978	738	1,036	157
Black or African American, white	449	134	273	*32
American Indian or Alaska Native, white	800	344	360	75
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	17,357	5,019	10,425	1,552
Mexican or Mexican American	10,541	2,832	6,493	1,013
Not Hispanic or Latino	104,728	30,701	62,101	9,617
White, single race	80,752	22,247	49,317	7,580
Black or African American, single race	14,940	5,608	7,436	1,407
American Indian or Alaska Native, single race	681	239	355	63
Education ⁵				
Less than high school diploma	14,305	4,421	7,718	1,765
GED or equivalent ⁶	2,750	1,011	1,420	255
High school graduate	24,041	7,374	13,633	2,375
Some college, no degree	19,281	6,527	10,787	1,562
Associate's degree	13,134	4,312	7,563	1,009
Bachelor's degree	21,032	5,541	13,925	1,216
Master's, professional, or doctoral degree	11,994	2,978	8,079	730
Poverty status ⁷				
Less than 100% of the poverty threshold	18,796	6,289	9,858	2,110
100% to less than 200% of the poverty threshold	24,690	7,941	13,540	2,635
200% to less than 400% of the poverty threshold	35,988	10,409	21,416	3,360
400% of the poverty threshold or greater	42,612	11,080	27,712	3,065

Table SLP–1b. Frequency distribution (number in thousands) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Women (continued)				
Marital status				
Married	61,638	17,049	38,694	4,765
Widowed	11,128	3,163	5,930	1,676
Divorced or separated	15,788	5,890	8,251	1,235
Never married	24,523	6,959	14,364	2,649
Living with a partner	8,759	2,590	5,150	824
Region				
Northeast	21,732	6,399	13,158	1,677
Midwest	27,626	7,928	16,389	2,690
South	45,276	13,729	26,236	4,279
West	27,451	7,663	16,742	2,523
Place of residence ⁸				
Large MSA	65,362	19,298	39,355	5,262
Small MSA	37,548	10,604	22,403	3,776
Not in MSA	19,175	5,817	10,768	2,132

* 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%.

¹Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

⁸MSA 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 adults of other races and unknown race and ethnicity, unknown education, 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–1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes	100.0	29.9 (0.19)	61.5 (0.20)	8.6 (0.11)
Age				
18–24 years	100.0	22.9 (0.48)	63.6 (0.60)	13.4 (0.47)
25–44 years	100.0	31.8 (0.30)	62.4 (0.32)	5.8 (0.15)
45–64 years	100.0	33.8 (0.30)	60.1 (0.32)	6.2 (0.14)
65–74 years	100.0	25.1 (0.44)	63.6 (0.48)	11.3 (0.32)
75 years and over	100.0	22.0 (0.47)	57.1 (0.57)	20.9 (0.48)
Race				
One race ²	100.0	29.8 (0.19)	61.6 (0.21)	8.6 (0.11)
White	100.0	28.4 (0.21)	62.9 (0.23)	8.7 (0.13)
Black or African American	100.0	38.4 (0.48)	52.3 (0.48)	9.3 (0.28)
American Indian or Alaska Native	100.0	35.3 (1.76)	55.5 (1.76)	9.3 (0.95)
Asian	100.0	29.6 (0.65)	64.7 (0.70)	5.7 (0.33)
Native Hawaiian or Other Pacific Islander	100.0	47.6 (4.74)	45.0 (4.53)	7.4 (1.82)
Two or more races ³	100.0	37.7 (1.28)	53.6 (1.39)	8.7 (0.74)
Black or African American, white	100.0	33.5 (2.83)	60.9 (3.07)	5.6 (1.50)
American Indian or Alaska Native, white	100.0	41.1 (2.09)	48.2 (2.15)	10.8 (1.13)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	28.5 (0.40)	62.9 (0.41)	8.5 (0.25)
Mexican or Mexican American	100.0	26.6 (0.50)	64.2 (0.52)	9.2 (0.33)
Not Hispanic or Latino	100.0	30.1 (0.21)	61.2 (0.23)	8.6 (0.12)
White, single race	100.0	28.5 (0.24)	62.7 (0.26)	8.8 (0.14)
Black or African American, single race	100.0	38.6 (0.49)	52.2 (0.48)	9.3 (0.28)
American Indian or Alaska Native, single race	100.0	36.2 (2.55)	54.1 (2.54)	9.6 (1.22)
Education ⁵				
Less than high school diploma	100.0	30.7 (0.45)	56.9 (0.50)	12.4 (0.31)
GED or equivalent ⁶	100.0	37.7 (1.10)	53.1 (1.08)	9.2 (0.62)
High school graduate	100.0	31.7 (0.40)	59.0 (0.41)	9.3 (0.23)
Some college, no degree	100.0	35.2 (0.43)	57.3 (0.44)	7.4 (0.23)
Associate's degree	100.0	33.8 (0.55)	59.0 (0.58)	7.2 (0.29)
Bachelor's degree	100.0	27.5 (0.38)	67.2 (0.41)	5.3 (0.18)
Master's, professional, or doctoral degree	100.0	24.6 (0.48)	70.1 (0.55)	5.4 (0.33)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	33.2 (0.44)	55.6 (0.49)	11.2 (0.29)
100% to less than 200% of the poverty threshold	100.0	31.7 (0.38)	57.3 (0.42)	11.0 (0.27)
200% to less than 400% of the poverty threshold	100.0	30.2 (0.34)	60.8 (0.35)	9.0 (0.22)
400% of the poverty threshold or greater	100.0	27.5 (0.30)	66.3 (0.31)	6.2 (0.16)

Table SLP–1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Both sexes (continued)				
Marital status				
Married	100.0	29.0 (0.26)	63.8 (0.27)	7.2 (0.14)
Widowed	100.0	28.6 (0.55)	55.5 (0.57)	15.8 (0.43)
Divorced or separated	100.0	38.0 (0.42)	54.1 (0.45)	8.0 (0.23)
Never married	100.0	27.5 (0.36)	62.0 (0.41)	10.6 (0.27)
Living with a partner	100.0	32.3 (0.62)	59.4 (0.69)	8.2 (0.47)
Region				
Northeast	100.0	30.4 (0.46)	62.3 (0.49)	7.3 (0.25)
Midwest	100.0	29.4 (0.40)	61.7 (0.46)	8.9 (0.24)
South	100.0	30.9 (0.33)	60.0 (0.34)	9.1 (0.19)
West	100.0	28.5 (0.35)	62.8 (0.38)	8.7 (0.22)
Place of residence ⁸				
Large MSA	100.0	30.2 (0.26)	62.2 (0.28)	7.6 (0.14)
Small MSA	100.0	29.2 (0.35)	61.4 (0.37)	9.4 (0.22)
Not in MSA	100.0	30.3 (0.44)	58.9 (0.53)	10.8 (0.29)

Table SLP–1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men	100.0	29.9 (0.25)	62.2 (0.27)	7.9 (0.15)
Age				
18–24 years	100.0	22.9 (0.70)	65.0 (0.81)	12.1 (0.56)
25–44 years	100.0	32.2 (0.43)	63.1 (0.43)	4.7 (0.18)
45–64 years	100.0	34.3 (0.44)	60.1 (0.46)	5.6 (0.20)
65–74 years	100.0	23.0 (0.64)	65.7 (0.71)	11.4 (0.47)
75 years and over	100.0	18.4 (0.70)	58.4 (0.97)	23.2 (0.83)
Race				
One race ²	100.0	29.8 (0.26)	62.4 (0.27)	7.8 (0.15)
White	100.0	28.6 (0.28)	63.5 (0.30)	7.9 (0.17)
Black or African American	100.0	38.1 (0.69)	53.2 (0.73)	8.7 (0.43)
American Indian or Alaska Native	100.0	34.3 (2.21)	57.3 (2.34)	8.4 (1.32)
Asian	100.0	29.1 (0.97)	66.1 (1.00)	4.8 (0.43)
Native Hawaiian or Other Pacific Islander	100.0	52.1 (6.88)	42.4 (6.40)	*5.6 (1.93)
Two or more races ³	100.0	37.2 (1.86)	53.5 (1.99)	9.3 (1.23)
Black or African American, white	100.0	37.8 (4.41)	58.9 (4.47)	*3.3 (1.51)
American Indian or Alaska Native, white	100.0	37.7 (2.97)	50.2 (3.16)	12.0 (2.06)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	27.6 (0.57)	64.4 (0.60)	8.0 (0.34)
Mexican or Mexican American	100.0	25.8 (0.71)	65.5 (0.76)	8.6 (0.45)
Not Hispanic or Latino	100.0	30.3 (0.28)	61.8 (0.30)	7.8 (0.16)
White, single race	100.0	28.9 (0.32)	63.2 (0.34)	7.9 (0.19)
Black or African American, single race		38.3 (0.70)	53.0 (0.75)	8.7 (0.44)
American Indian or Alaska Native, single race	100.0	36.1 (2.99)	54.2 (3.10)	9.7 (1.74)
Education ⁵				
Less than high school diploma	100.0	29.6 (0.65)	58.3 (0.68)	12.1 (0.45)
GED or equivalent ⁶	100.0	37.8 (1.48)	53.3 (1.50)	8.9 (0.85)
High school graduate	100.0	31.9 (0.56)	59.7 (0.59)	8.4 (0.32)
Some college, no degree	100.0	36.0 (0.66)	57.6 (0.67)	6.5 (0.32)
Associate's degree	100.0	34.2 (0.81)	59.4 (0.85)	6.4 (0.45)
Bachelor's degree	100.0	28.3 (0.55)	67.1 (0.58)	4.6 (0.25)
Master's, professional, or doctoral degree	100.0	23.8 (0.69)	71.7 (0.74)	4.5 (0.31)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	31.6 (0.69)	57.8 (0.72)	10.6 (0.44)
100% to less than 200% of the poverty threshold	100.0	30.3 (0.56)	58.6 (0.61)	11.1 (0.37)
200% to less than 400% of the poverty threshold	100.0	30.9 (0.45)	60.7 (0.47)	8.3 (0.28)
400% of the poverty threshold or greater	100.0	28.4 (0.41)	66.4 (0.44)	5.2 (0.20)

Table SLP-1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Men (continued)				
Marital status				
Married	100.0	29.8 (0.35)	63.6 (0.37)	6.5 (0.18)
Widowed	100.0	26.0 (1.09)	57.1 (1.22)	16.9 (0.90)
Divorced or separated	100.0	37.5 (0.64)	54.6 (0.67)	7.9 (0.34)
Never married	100.0	26.1 (0.49)	63.8 (0.56)	10.2 (0.36)
Living with a partner	100.0	34.5 (0.91)	58.7 (0.99)	6.8 (0.49)
Region				
Northeast	100.0	30.6 (0.69)	62.7 (0.72)	6.7 (0.35)
Midwest	100.0	29.4 (0.55)	62.8 (0.61)	7.8 (0.31)
South	100.0	30.7 (0.41)	60.8 (0.45)	8.4 (0.25)
West	100.0	28.5 (0.46)	63.5 (0.47)	7.9 (0.28)
Place of residence ⁸				
Large MSA	100.0	30.2 (0.37)	62.9 (0.38)	6.9 (0.19)
Small MSA	100.0	29.7 (0.43)	61.9 (0.48)	8.4 (0.27)
Not in MSA	100.0	29.3 (0.61)	60.5 (0.72)	10.2 (0.44)

Table SLP–1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Women	100.0	29.9 (0.25)	60.7 (0.27)	9.4 (0.15)
Age				
18–24 years	100.0	23.0 (0.66)	62.2 (0.83)	14.8 (0.69)
25–44 years	100.0	31.3 (0.39)	61.7 (0.42)	7.0 (0.23)
45–64 years	100.0	33.3 (0.40)	60.0 (0.41)	6.6 (0.19)
65–74 years	100.0	26.9 (0.60)	61.9 (0.64)	11.3 (0.43)
75 years and over	100.0	24.5 (0.63)	56.3 (0.72)	19.3 (0.58)
Race				
One race ²	100.0	29.8 (0.25)	60.9 (0.27)	9.4 (0.15)
White	100.0	28.3 (0.28)	62.2 (0.30)	9.5 (0.17)
Black or African American	100.0	38.6 (0.61)	51.6 (0.61)	9.8 (0.36)
American Indian or Alaska Native	100.0	36.2 (2.72)	53.8 (2.49)	10.1 (1.31)
Asian	100.0	30.0 (0.87)	63.5 (0.94)	6.5 (0.48)
Native Hawaiian or Other Pacific Islander	100.0	43.2 (5.52)	47.5 (5.79)	*9.3 (3.07)
Two or more races ³	100.0	38.2 (1.79)	53.7 (1.92)	8.1 (0.98)
Black or African American, white	100.0	30.6 (3.58)	62.2 (4.03)	*7.2 (2.29)
American Indian or Alaska Native, white	100.0	44.1 (2.81)	46.3 (2.90)	9.6 (1.41)
Hispanic or Latino origin ⁴ and race				
Hispanic or Latino	100.0	29.5 (0.54)	61.3 (0.56)	9.1 (0.35)
Mexican or Mexican American	100.0	27.4 (0.66)	62.8 (0.68)	9.8 (0.46)
Not Hispanic or Latino	100.0	30.0 (0.27)	60.6 (0.29)	9.4 (0.17)
White, single race	100.0	28.1 (0.31)	62.3 (0.34)	9.6 (0.20)
Black or African American, single race		38.8 (0.62)	51.5 (0.62)	9.7 (0.36)
American Indian or Alaska Native, single race	100.0	36.3 (3.73)	54.0 (3.38)	9.6 (1.53)
Education ⁵				
Less than high school diploma	100.0	31.8 (0.61)	55.5 (0.68)	12.7 (0.45)
GED or equivalent ⁶	100.0	37.6 (1.39)	52.9 (1.39)	9.5 (0.83)
High school graduate	100.0	31.5 (0.53)	58.3 (0.53)	10.2 (0.31)
Some college, no degree	100.0	34.6 (0.54)	57.1 (0.56)	8.3 (0.31)
Associate's degree	100.0	33.5 (0.71)	58.7 (0.73)	7.8 (0.37)
Bachelor's degree	100.0	26.8 (0.52)	67.3 (0.54)	5.9 (0.27)
Master's, professional, or doctoral degree	100.0	25.3 (0.66)	68.5 (0.75)	6.2 (0.55)
Poverty status ⁷				
Less than 100% of the poverty threshold	100.0	34.4 (0.54)	54.0 (0.59)	11.6 (0.37)
100% to less than 200% of the poverty threshold	100.0	32.9 (0.52)	56.1 (0.55)	10.9 (0.36)
200% to less than 400% of the poverty threshold	100.0	29.6 (0.48)	60.9 (0.47)	9.5 (0.32)
400% of the poverty threshold or greater	100.0	26.5 (0.41)	66.2 (0.43)	7.3 (0.25)

Table SLP–1c. Crude percent distribution (with standard errors) of hours of sleep for adults aged 18 and over, by sex and selected characteristics: United States, annualized, 2011–2014

Selected characteristic	All adults aged 18 and over	6 or less hours of sleep ¹	7 or 8 hours of sleep ¹	9 or more hours of sleep ¹
Women (continued)				
Marital status				
Married	100.0	28.2 (0.35)	63.9 (0.36)	7.9 (0.19)
Widowed	100.0	29.4 (0.63)	55.1 (0.66)	15.6 (0.49)
Divorced or separated	100.0	38.3 (0.56)	53.7 (0.58)	8.0 (0.32)
Never married	100.0	29.0 (0.50)	59.9 (0.56)	11.1 (0.40)
Living with a partner	100.0	30.2 (0.88)	60.1 (0.97)	9.6 (0.79)
Region				
Northeast	100.0	30.1 (0.58)	62.0 (0.65)	7.9 (0.33)
Midwest	100.0	29.4 (0.53)	60.7 (0.58)	10.0 (0.35)
South	100.0	31.0 (0.43)	59.3 (0.45)	9.7 (0.25)
West	100.0	28.5 (0.47)	62.2 (0.51)	9.4 (0.29)
Place of residence ⁸				
Large MSA	100.0	30.2 (0.33)	61.6 (0.36)	8.2 (0.20)
Small MSA	100.0	28.8 (0.50)	60.9 (0.50)	10.3 (0.29)
Not in MSA	100.0	31.1 (0.54)	57.5 (0.60)	11.4 (0.36)

* 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%.

¹Based on the question, "On average, how many hours of sleep do you get in a 24-hour period?" Response options were 1–24 hours.

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

³Refers 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.

⁴Refers 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.

⁵Shown only for adults aged 25 and over.

⁶GED is General Educational Development high school equivalency diploma.

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

⁸MSA 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. 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.