

Inadequate Sleep

Average six or fewer hours of sleep in a 24-hour period:

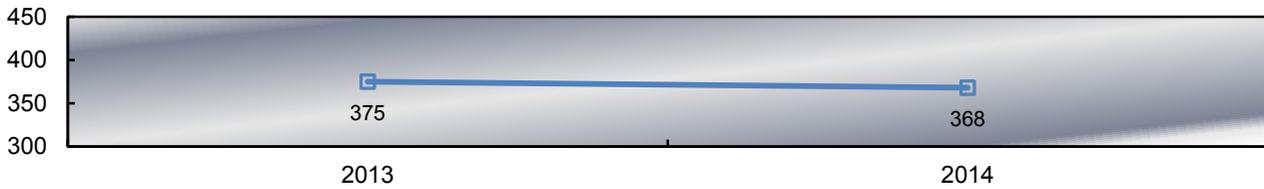
- Thirty-seven percent of Pennsylvania adults responded in 2014 that they average six or fewer hours of sleep in a 24-hour period.
- Pennsylvania adults age 65 and older had a significantly lower percentage (27 percent, CI: 26-29) compared to Pennsylvania adults age 18-29 (38 percent, CI: 34-42), adults age 30-44 (40 percent, CI: 37-43) and adults age 45-64 (40 percent, CI: 38-42).
- Pennsylvania adults with a college degree had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults with less than a high school education (44 percent, CI: 39-50), adults with a high school education (38 percent, CI: 36-40) and adults with some college education (40 percent, CI: 37-42).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (32 percent, CI: 29-36) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 40-50) and adults with a household income of \$15,000 to \$24,999 (45 percent, CI: 41-48).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (33 percent, CI: 31-36) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 40-50) and adults with a household income of \$15,000 to \$24,999 (45 percent, CI: 41-48).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (35 percent, CI: 33-36) compared to Pennsylvania black, non-Hispanic adults (50 percent, CI: 46-55).

Average seven to nine hours of sleep in a 24-hour period:

- Sixty percent of Pennsylvania adults indicated in 2014 that they got an average of seven to nine hours of sleep in a 24-hour period.
- Pennsylvania adults age 18-29 had a significantly lower percentage (59 percent, CI: 55-63) compared to Pennsylvania adults age 65 and older (67 percent, CI: 65-69).
- Pennsylvania adults age 30-44 had a significantly lower percentage (59 percent, CI: 56-62) compared to Pennsylvania adults age 65 and older (67 percent, CI: 65-69).
- Pennsylvania adults age 45-64 had a significantly lower percentage (57 percent, CI: 55-59) compared to Pennsylvania adults age 65 and older (67 percent, CI: 65-69).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (50 percent, CI: 45-55) compared to Pennsylvania adults with some college education (58 percent, CI: 56-61) and adults with a college degree (71 percent, CI: 69-73).
- Pennsylvania adults with a high school education had a significantly lower percentage (57 percent, CI: 55-59) compared to Pennsylvania adults with a college degree (71 percent, CI: 69-73).
- Pennsylvania adults with some college education had a significantly lower percentage (58 percent, CI: 56-61) compared to Pennsylvania adults with a college degree (71 percent, CI: 69-73).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (48 percent, CI: 43-53) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (60 percent, CI: 57-63), adults with a household income of \$50,000 to \$74,999 (66 percent, CI: 63-69) and adults with a household income of \$75,000 or more (65 percent, CI: 63-68).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (49 percent, CI: 46-53) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (60 percent, CI: 57-63), adults with a household income of \$50,000 to \$74,999 (66 percent, CI: 63-69) and adults with a household income of \$75,000 or more (65 percent, CI: 63-68).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (46 percent, CI: 41-51) compared to Pennsylvania white, non-Hispanic adults (62 percent, CI: 61-64).

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Figure 4A: Average 6 or Fewer Hours of Sleep in a 24-Hour Period Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2013-2014



**Table 4: Inadequate Sleep, Pennsylvania Adults, 2014
(with 95% Confidence Intervals)**

	Average 6 or Fewer Hours of Sleep in a 24-Hour Period*		Average 7-9 Hours of Sleep in a 24-Hour Period*	
	%	CI	%	CI
All adults	37	35-38	60	59-61
Gender:				
Male	38	36-40	59	57-61
Female	36	34-37	61	60-63
Age:				
18-29	38	34-42	59	55-63
30-44	40	37-43	59	56-62
45-64	40	38-42	57	55-59
65+	27	26-29	67	65-69
Education:				
<High school	44	39-50	50	45-55
High school	38	36-40	57	55-59
Some college	40	37-42	58	56-61
College degree	28	26-30	71	69-73
Household income:				
<\$15,000	45	40-50	48	43-53
\$15,000 to \$24,999	45	41-48	49	46-53
\$25,000 to \$49,999	38	35-41	60	57-63
\$50,000 to \$74,999	32	29-36	66	63-69
\$75,000+	33	31-36	65	63-68
Race:				
White, non-Hispanic	35	33-36	62	61-64
Black, non-Hispanic	50	46-55	46	41-51
Hispanic	44	36-53	53	45-61

*Excludes missing, don't know and refused
Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 4B: Average 6 or Fewer Hours of Sleep in a 24-Hour Period, Pennsylvania Health Districts, 2014

