FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged 18–64 Years Who Did Not Wake Up Feeling Well Rested on ≥4 Days in the Past Week, † by Parental Status, Sex, and Age of Youngest Child§ — National Health Interview Survey, ¶ 2013–2014

During 2013–2014, the percentage of adults who did not wake up feeling well rested on ≥4 days in the past week varied by parental status and the presence of a young child in the family. Adults living with a child aged <3 years (48%) were most likely to not wake up feeling well rested, followed by adults with children aged ≥3 years (41%) and adults with no children (36%). For each category of parental status, women were more likely than men to not wake up feeling rested.


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