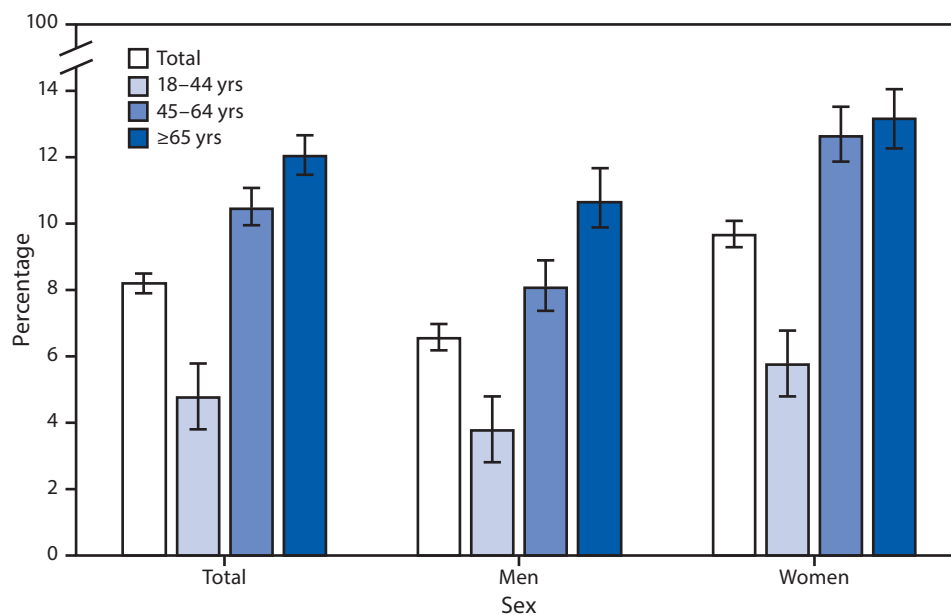


## QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

### Percentage\* of Adults Aged $\geq 18$ Years Who Took Medication To Help Fall or Stay Asleep Four or More Times in the Past Week,<sup>†</sup> by Sex and Age Group — National Health Interview Survey, United States, 2017–2018<sup>§</sup>



\* With 95% confidence intervals indicated by error bars.

<sup>†</sup> Based on a response of four or more to the survey question “In the past week, how many times did you take medication to help you fall asleep or stay asleep?”

<sup>§</sup> Estimates are based on household interviews of a sample of the civilian, noninstitutionalized U.S. population and are derived from the National Health Interview Survey, Sample Adult component.

During 2017–2018, 8.2% of adults aged  $\geq 18$  years took medication to help fall or stay asleep four or more times in the past week (6.6% for men and 9.7% for women). Among men, the percentage who took medication for sleep four or more times in the past week increased with age from 3.8% among those aged 18–44 years to 10.7% among those aged  $\geq 65$  years. Among women, the percentage increased from 5.8% for those aged 18–44 years to 12.7% among those aged 45–64 years and 13.2% among those aged  $\geq 65$  years. Across all age groups, the percentage was higher among women than men.

**Source:** National Center for Health Statistics, National Health Interview Survey, 2017 and 2018. <https://www.cdc.gov/nchs/nhis.htm>.

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