

Data Brief 286: Sleep Duration and Quality Among Women Aged 40–59, by Menopausal Status

Data table for Figure 1. Percentage of nonpregnant women aged 40–59 who slept less than 7 hours, on average, in a 24-hour period, by menopausal status: United States, 2015

Menopausal status	Percent	Standard error
Total	35.1	1.3
Premenopausal	32.5	1.4
Perimenopausal	56.0	6.5
Postmenopausal	40.5	2.7

NOTES: Women were postmenopausal if they had gone without a menstrual cycle for more than 1 year or were in surgical menopause after the removal of their ovaries. Women were perimenopausal if they no longer had a menstrual cycle and their last menstrual cycle was 1 year ago or less. Women were premenopausal if they still had a menstrual cycle.

SOURCE: NCHS, National Health Interview Survey, 2015.

Data Brief 286: Sleep Duration and Quality Among Women Aged 40–59, by Menopausal Status

Data table for Figure 2. Percentage of nonpregnant women aged 40–59 who had trouble falling asleep four times or more in the past week, by menopausal status: United States, 2015

Menopausal status	Percent	Standard error
Total	19.4	1.0
Premenopausal	16.8	1.2
Perimenopausal	24.7	5.5
Postmenopausal	27.1	2.4

NOTES: Women were postmenopausal if they had gone without a menstrual cycle for more than 1 year or were in surgical menopause after the removal of their ovaries. Women were perimenopausal if they no longer had a menstrual cycle and their last menstrual cycle was 1 year ago or less. Women were premenopausal if they still had a menstrual cycle.

SOURCE: NCHS, National Health Interview Survey, 2015.

Data Brief 286: Sleep Duration and Quality Among Women Aged 40–59, by Menopausal Status

Data table for Figure 3. Percentage of nonpregnant women aged 40–59 who had trouble staying asleep four times or more in the past week, by menopausal status: United States, 2015

Menopausal status	Percent	Standard error
Total	26.7	1.2
Premenopausal	23.7	1.3
Perimenopausal	30.8	5.8
Postmenopausal	35.9	2.8

NOTES: Women were postmenopausal if they had gone without a menstrual cycle for more than 1 year or were in surgical menopause after the removal of their ovaries. Women were perimenopausal if they no longer had a menstrual cycle and their last menstrual cycle was 1 year ago or less. Women were premenopausal if they still had a menstrual cycle.

SOURCE: NCHS, National Health Interview Survey, 2015.

Data Brief 286: Sleep Duration and Quality Among Women Aged 40–59, by Menopausal Status

Data table for Figure 4. Percentage of nonpregnant women aged 40–59 who did not wake up feeling well rested 4 days or more in the past week, by menopausal status: United States, 2015

Menopausal status	Percent	Standard error
Total	48.9	1.4
Premenopausal	47.0	1.6
Perimenopausal	49.9	6.7
Postmenopausal	55.1	2.8

NOTES: Women were postmenopausal if they had gone without a menstrual cycle for more than 1 year or were in surgical menopause after the removal of their ovaries. Women were perimenopausal if they no longer had a menstrual cycle and their last menstrual cycle was 1 year ago or less. Women were premenopausal if they still had a menstrual cycle.

SOURCE: NCHS, National Health Interview Survey, 2015.