



Short Sleep Duration and Sleep Difficulties Among Adults: United States, 2024

Amanda E. Ng, Ph.D., M.P.H., Lindsey I. Black, M.P.H., and Dzifa Adjaye-Gbewonyo, Ph.D.

Key findings

Data from the National Health Interview Survey

- In 2024, 30.5% of adults slept less than 7 hours on average in a 24-hour period.
- Asian non-Hispanic adults (61.5%) were more likely to wake up well-rested compared with other race and Hispanic-origin groups.
- The percentage of adults who had trouble falling asleep decreased with increasing age, from 18.3% among adults ages 18–34 to 12.8% among adults 65 and older.
- Women were more likely to have trouble staying asleep compared with men.

Introduction

Poor sleep health (including sleep difficulties) has been linked to detrimental health conditions, including obesity and depression (1). The American Academy of Sleep Medicine recommends at least 7 hours of sleep or more in a 24-hour period for adults, but more than one-quarter of American adults sleep less than 7 hours (2,3). Sleep health may also be impacted by sleep difficulties, including having trouble falling or staying asleep (4,5).

This report uses data from the 2024 National Health Interview Survey (NHIS) to describe sleep quantity and quality among U.S. adults by sex, age, and race and Hispanic origin.

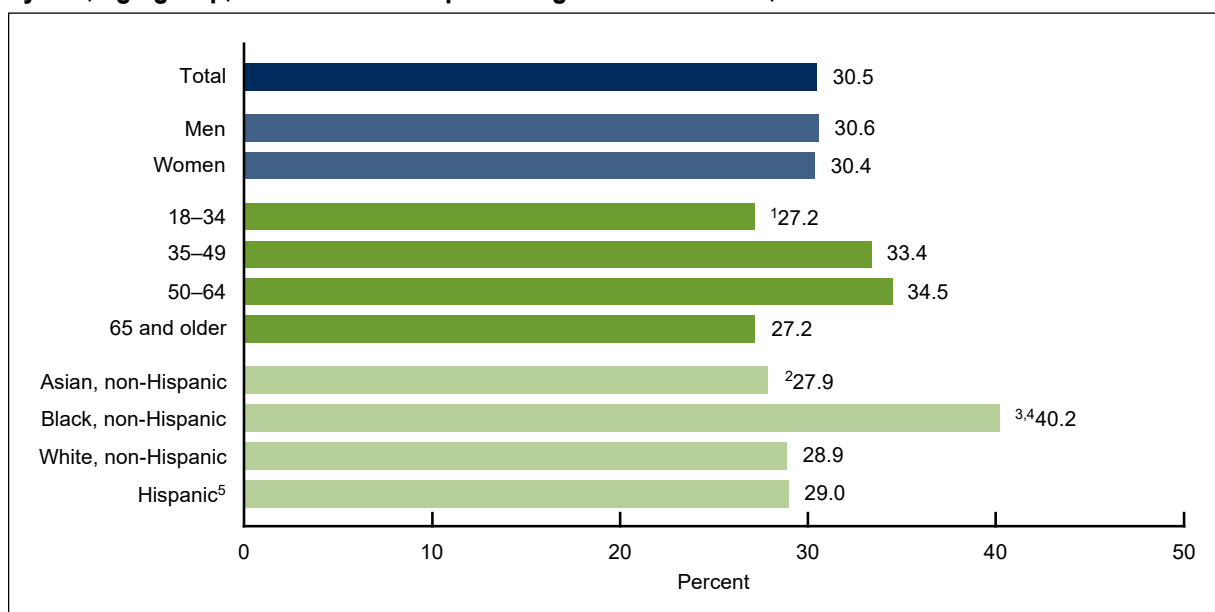
Short sleep duration

- In 2024, 30.5% of adults had less than 7 hours of sleep (subsequently, short sleep duration) on average in a 24-hour period ([Figure 1](#), [Table 1](#)).



- The percentage of adults with short sleep duration was similar among men (30.6%) and women (30.4%).
- The percentage of adults with short sleep duration increased from 27.2% among adults ages 18–34 to 34.5% among those 50–64, and decreased to 27.2% among those 65 and older.
- Black non-Hispanic (subsequently, Black) adults were more likely to have short sleep duration (40.2%) compared with Asian non-Hispanic (subsequently, Asian) (27.9%), White non-Hispanic (subsequently, White) (28.9%), and Hispanic adults (29.0%).

Figure 1. Percentage of adults who had less than 7 hours of sleep in a 24-hour period on average, by sex, age group, and race and Hispanic origin: United States, 2024



¹Significant quadratic trend by age ($p < 0.05$).

²Significantly different from Black adults ($p < 0.05$).

³Significantly different from White adults ($p < 0.05$).

⁴Significantly different from Hispanic adults ($p < 0.05$).

⁵People of Hispanic origin may be of any race.

NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals were calculated using the Korn–Graubard method for complex surveys.

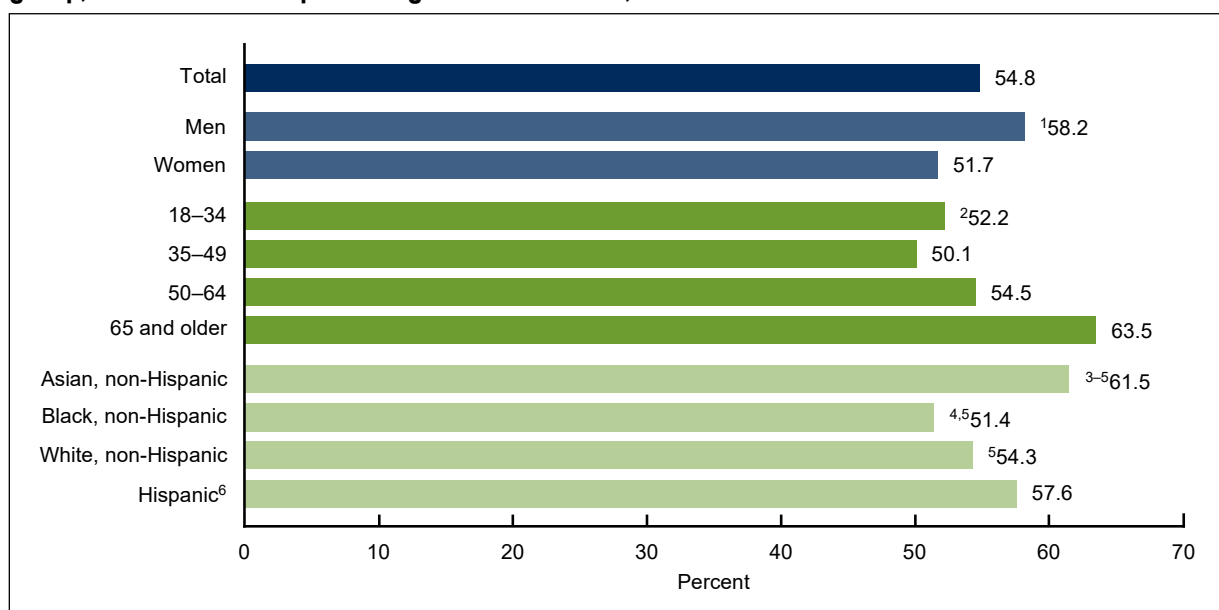
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Waking up well-rested

- More than one-half of adults (54.8%) woke up feeling well-rested most days or every day in 2024 (Figure 2, Table 2).
- Men were more likely to wake up feeling well-rested (58.2%) compared with women (51.7%).

- The percentage of adults who woke up feeling well-rested decreased from 52.2% among adults ages 18–34 to 50.1% among those 35–49, and then increased to 54.5% among those 50–64 and to 63.5% among those 65 and older.
- Asian adults were more likely to wake up feeling well-rested (61.5%) compared with Black (51.4%), White (54.3%), and Hispanic (57.6%) adults.
- Hispanic adults were more likely to wake up feeling well-rested compared with Black and White adults. White adults were more likely than Black adults to wake up feeling well-rested.

Figure 2. Percentage of adults who wake up feeling well-rested most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024



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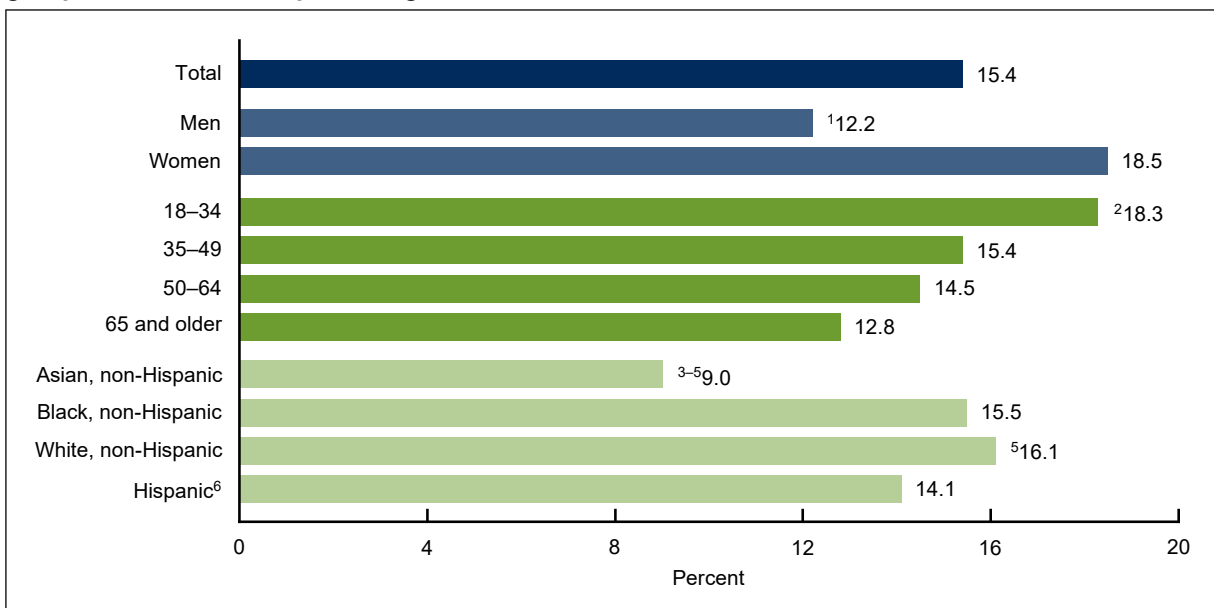
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Trouble falling asleep

- In 2024, 15.4% of adults had trouble falling asleep most days or every day (Figure 3, Table 3).
- Women were more likely to have trouble falling asleep (18.5%) compared with men (12.2%).
- The percentage of adults who had trouble falling asleep decreased with increasing age, from 18.3% among adults ages 18–34 to 12.8% among those 65 and older.

- Black (15.5%), White (16.1%), and Hispanic (14.1%) adults were more likely to have trouble falling asleep compared with Asian adults (9.0%).
- White adults were more likely to have trouble falling asleep compared with Hispanic adults.

Figure 3. Percentage of adults who had trouble falling asleep most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024



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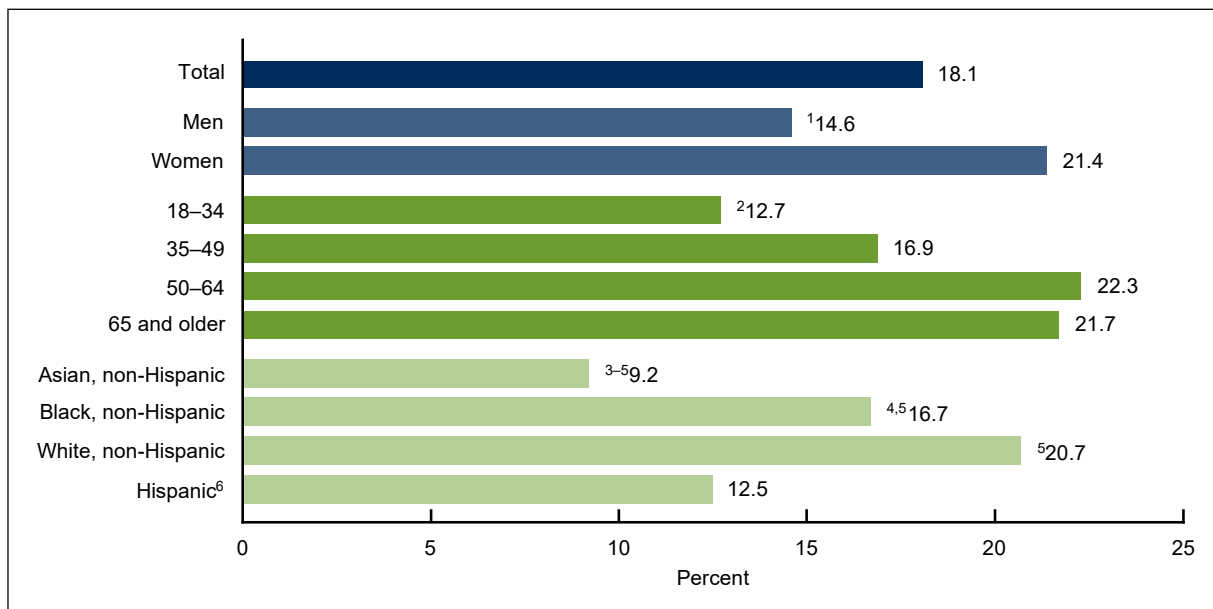
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Trouble staying asleep

- Just under one in five (18.1%) adults had trouble staying asleep most days or every day (Figure 4, Table 4).
- Women were more likely to have trouble staying asleep (21.4%) compared with men (14.6%).
- The percentage of adults who had trouble staying asleep increased from 12.7% among adults ages 18–34 to 16.9% among those 35–49, and 22.3% among those 50–64. The percentage was similar between adults ages 50–64 and 65 and older (21.7%).
- White adults (20.7%) were more likely than Asian (9.2%), Black (16.7%), and Hispanic (12.5%) adults to have trouble staying asleep.

- Black adults were more likely than Asian and Hispanic adults to have trouble staying asleep. Hispanic adults were more likely than Asian adults to have trouble staying asleep.

Figure 4. Percentage of adults who had trouble staying asleep most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024



¹Significantly different from women ($p < 0.05$).

²Significant quadratic trend by age ($p < 0.05$).

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NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals were calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Summary

This report describes the prevalence of short sleep duration, waking up well-rested, trouble falling asleep, and trouble staying asleep among adults in the United States. In 2024, 30.5% of adults had short sleep duration, 54.8% woke up well-rested, 15.4% had trouble falling asleep, and 18.1% had trouble staying asleep. Women and men had similar prevalences of short sleep duration, but women were more likely than men to have trouble falling asleep and staying asleep, and were less likely than men to wake up well-rested. Trends by age group varied across measures, with the percentage of adults who had trouble falling asleep decreasing with increasing age. Patterns by race and Hispanic origin also varied. Asian adults had the lowest prevalences of short sleep duration, trouble falling asleep, and trouble staying asleep, and the highest prevalence of waking up feeling well-rested.

Previous research has identified similar sociodemographic disparities in sleep (6), but fewer studies have focused on components beyond sleep duration. The American Heart Association identified sleep health as a complex concept, highlighting the need for monitoring sleep quality

in addition to duration (7). Continued monitoring of sleep difficulties and duration is important for informing improvements in population health.

Definitions

Race and Hispanic origin: Categories shown for non-Hispanic adults are for those who selected only one racial group; respondents had the option to select more than one racial group. Adults categorized as Hispanic may be of any race or combination of races. Estimates for non-Hispanic adults of races other than Asian, Black, or White are not shown but are included in total estimates.

Short sleep duration: Based on a response of 0–6 hours to the question, “On average, how many hours of sleep do you get in a 24-hour period? Enter hours in whole numbers, rounding 30 minutes (one-half hour) or more up to the next whole hour and dropping 29 or fewer minutes.”

Trouble falling asleep: Based on a response of “most days” or “every day” to the question, “During the past 30 days, how often did you have trouble falling asleep?”

Trouble staying asleep: Based on a response of “most days” or “every day” to the question, “During the past 30 days, how often did you have trouble staying asleep?”

Waking up well-rested: Based on a response of “most days” or “every day” to the question, “During the past 30 days, how often did you wake up feeling well-rested?”

Data source and methods

Data from the 2024 NHIS were used for this analysis. NHIS is a nationally representative household survey of the U.S. civilian noninstitutionalized population. It is conducted continuously throughout the year by the National Center for Health Statistics (NCHS). Interviews are typically initiated face-to-face in respondents’ homes, with follow-ups conducted by telephone as needed (8). For more information, visit the NHIS website: <https://www.cdc.gov/nchs/nhis/index.htm>.

Point estimates and their corresponding confidence intervals were calculated using SAS-callable SUDAAN software (9) to account for the complex sample design of NHIS. All estimates are based on self-report and meet NCHS data presentation standards for proportions (10). Differences between percentages were evaluated using two-sided significance tests at the 0.05 level. Linear and quadratic trends by age group were evaluated using orthogonal polynomials.

About the authors

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Figure tables

Data table for Figure 1. Percentage of adults who had less than 7 hours of sleep in a 24-hour period on average, by sex, age group, and race and Hispanic origin: United States, 2024

Characteristic	Percent (95% confidence interval)	Standard error
Total	30.5 (29.8–31.1)	0.33
Sex		
Men	30.6 (29.6–31.5)	0.48
Women	30.4 (29.5–31.2)	0.43
Age group		
18–34	¹ 27.2 (26.0–28.5)	0.64
35–49	33.4 (32.1–34.8)	0.69
50–64	34.5 (33.2–35.9)	0.68
65 and older	27.2 (26.2–28.3)	0.52
Race and Hispanic origin		
Asian, non-Hispanic	² 27.9 (25.4–30.6)	1.31
Black, non-Hispanic	^{3,4} 40.2 (38.0–42.4)	1.11
White, non-Hispanic	28.9 (28.1–29.7)	0.41
⁵ Hispanic	29.0 (27.3–30.7)	0.84
¹ Significant quadratic trend by age ($p < 0.05$). ² Significantly different from Black adults ($p < 0.05$). ³ Significantly different from White adults ($p < 0.05$). ⁴ Significantly different from Hispanic adults ($p < 0.05$). ⁵ People of Hispanic origin may be of any race. NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals were calculated using the Korn–Graubard method for complex surveys. SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.		

Data table for Figure 2. Percentage of adults who wake up feeling well-rested most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024

Characteristic	Percent (95% confidence interval)	Standard error
Total	54.8 (54.1–55.6)	0.37
Sex		
Men	¹ 58.2 (57.2–59.3)	0.53
Women	51.7 (50.7–52.6)	0.49
Age group		
18–34	² 52.2 (50.7–53.7)	0.75
35–49	50.1 (48.7–51.5)	0.71
50–64	54.5 (53.0–56.0)	0.74
65 and older	63.5 (62.4–64.6)	0.56
Race and Hispanic origin		
Asian, non-Hispanic	^{3–5} 61.5 (58.7–64.3)	1.39
Black, non-Hispanic	^{4,5} 51.4 (49.2–53.6)	1.10
White, non-Hispanic	⁵ 54.3 (53.4–55.2)	0.46
⁶ Hispanic	57.6 (56.0–59.2)	0.80

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⁴Significantly different from White adults ($p < 0.05$).

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⁶People of Hispanic origin may be of any race.

NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals were calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Data table for Figure 3. Percentage of adults with trouble falling asleep most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024

Characteristic	Percent (95% confidence interval)	Standard error
Total	15.4 (14.9–15.9)	0.27
Sex		
Men	¹ 12.2 (11.5–12.9)	0.34
Women	18.5 (17.7–19.2)	0.38
Age group		
18–34	² 18.3 (17.1–19.5)	0.6
35–49	15.4 (14.3–16.5)	0.53
50–64	14.5 (13.6–15.5)	0.48
65 and older	12.8 (12.0–13.6)	0.38
Race and Hispanic origin		
Asian, non-Hispanic	^{3–5} 9.0 (7.5–10.7)	0.79
Black, non-Hispanic	15.5 (13.9–17.1)	0.80
White, non-Hispanic	⁵ 16.1 (15.5–16.8)	0.33
⁶ Hispanic	14.1 (12.9–15.3)	0.59

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NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Confidence intervals were calculated using the Korn–Graubard method for complex surveys.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

Data table for Figure 4. Percentage of adults with trouble staying asleep most days or every day, by sex, age group, and race and Hispanic origin: United States, 2024

Characteristic	Percent (95% confidence interval)	Standard error
Total	18.1 (17.6–18.6)	0.27
Sex		
Men	¹ 14.6 (13.9–15.3)	0.35
Women	21.4 (20.6–22.1)	0.38
Age group		
18–34	² 12.7 (11.8–13.7)	0.48
35–49	16.9 (15.9–17.9)	0.49
50–64	22.3 (21.1–23.5)	0.60
65 and older	21.7 (20.7–22.7)	0.51
Race and Hispanic origin		
Asian, non-Hispanic	^{3–5} 9.2 (7.6–10.9)	0.82
Black, non-Hispanic	^{4,5} 16.7 (15.1–18.5)	0.85
White, non-Hispanic	⁵ 20.7 (20.1–21.3)	0.32
⁶ Hispanic	12.5 (11.5–13.6)	0.53

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SOURCE: National Center for Health Statistics, National Health Interview Survey, 2024.

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