Insufficient Sleep Among Colorado Adults

Sleep, like food and water, is essential for life.

Consequences of insufficient sleep.

Insufficient sleep has been linked to the onset of and correlates with a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression. Insufficient sleep also contributes to motor vehicle crashes and machinery-related accidents, causing substantial injury and disability each year.[1]

How much sleep do we need?

Although how much sleep is needed varies between individuals, most adults need 7–9 hours of sleep each night.[2] More than a third of U.S. adults report sleeping less than 7 hours per night.[3]

Why don't we get the sleep we need?

Causes of insufficient sleep include lifestyle and occupational factors (e.g., access to technology and work hours).[1] In addition, some medical conditions, medications, and sleep disorders affect the quantity and quality of sleep.[1]

Getting the sleep we need.

Good sleep practices are important for achieving healthy sleep.

Sleep hygiene tips:

- Go to bed at the same time each night and rise at the same time each morning.
- Moderate physical activity may help promote sleep, but avoid vigorous exercise in the few hours before going to bed.
- Avoid large meals before bedtime.
- Avoid caffeine and alcohol close to bedtime.
- Avoid nicotine.

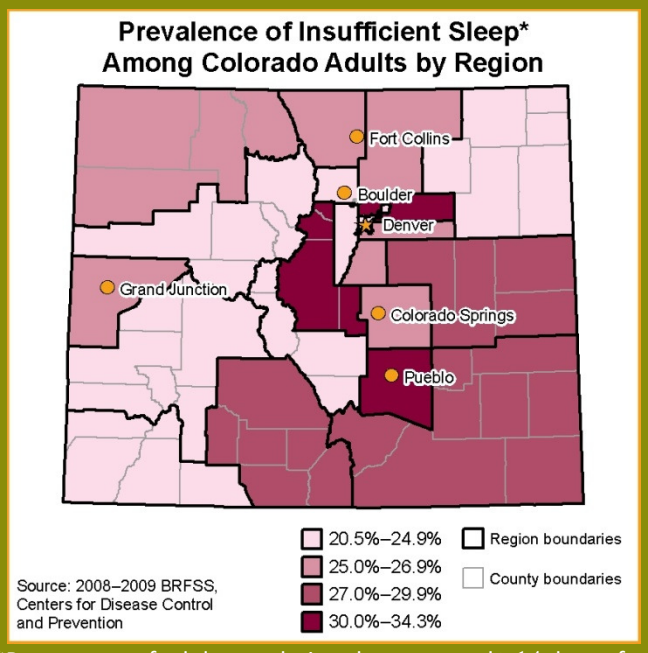
The sleep environment:

- Your bedroom should be a quiet, dark, and relaxing environment, that is neither too hot nor too cold.
- Remove all TVs, computers, and other "gadgets" from the bedroom.
- Your bed should be comfortable and used only for sleeping and not for other activities, such as reading, watching TV, or listening to music.

1 Institute of Medicine. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem.* Washington, DC: The National Academies Press; 2006.

2 National Sleep Foundation. How much sleep do we really need? Washington, DC: National Sleep Foundation; 2010. Available at http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we -really need.

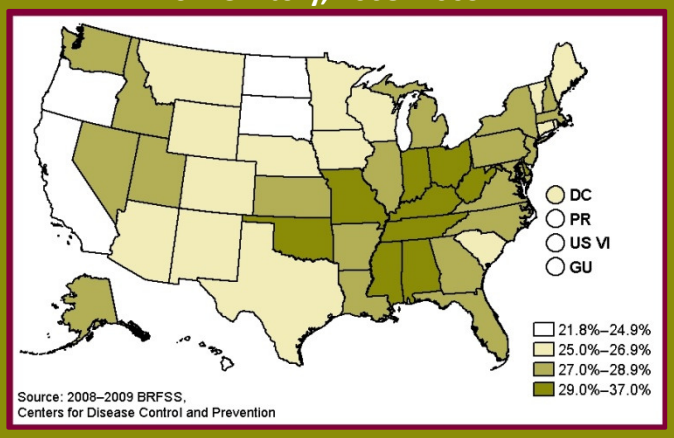
3 CDC. Effect of short sleep duration on daily activities—United States, 2005–2008. *MMWR* 2011;60:239–42.



*Percentage of adult population that reported ≥14 days of insufficient sleep in the past 30 days.

For 2008–2009, 26.1% of Colorado adults reported not getting enough sleep on ≥14 days in the past 30 days. The map above presents the prevalence of insufficient sleep among Colorado adults by state region. For comparison, the national map below shows state-by-state adult prevalence of insufficient sleep.

Adult Prevalence of Insufficient Sleep* by State or Territory, 2008–2009



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National Center for Chronic Disease Prevention and Health Promotion
Division of Adult and Community Health

How's *your* sleep?

You may suffer from a sleep disorder if:

1. You frequently have difficulty sleeping (e.g., trouble falling asleep or staying asleep, feeling unrefreshed after sleep).
2. You snore loudly or you or others have observed that you stop breathing or gasp for breath during sleep.
3. You suffer from excessive sleepiness during the day.
4. You have unpleasant, tingling, creeping feelings or nervousness in your legs when trying to sleep.

What to do if you have trouble sleeping.

- Practice good sleep hygiene.
- Consult your physician to discuss any of the problems above.
- Keep a sleep diary to discuss with your physician or sleep specialist.

For more information, go to

http://**www.cdc.gov/sleep**

The table to the right breaks down the prevalence of insufficient sleep among Colorado adults by sex, age, race/ethnicity, education, employment status, marital status, presence of children in the home, and body mass index (a measure of excess weight).

The prevalence of self-reported insufficient sleep was **higher** among women (28.1%) than men (24.0%) ($p<0.05$).

Respondents were **more likely** ($p<0.05$) to report insufficient sleep if they:

- Were aged 25–34 years (32.9%) compared to those aged ≥45 years
- Were of other race or multiracial (39.1%) compared to white (25.8%) or Hispanic (24.8%)
- Were unable to work (51.0%) compared to all other employment status categories or were unemployed (32.9%) compared to employed individuals (26.4%)
- Were a member of an unmarried couple (32.9%) compared to married individuals (24.8%)
- Had a child living in the home (31.2%)
- Were obese (31.8%) compared to normal-weight (24.4%) or overweight individuals (24.5%)

Respondents were **less likely** ($p<0.05$) to report insufficient rest or sleep if they:

- Were retired (13.1%) compared to all other employment status categories
- Did not have a child living in the home (21.7%)

Prevalence of Insufficient Rest or Sleep (≥14 days in past 30 days) Among Colorado Adults, 2008–2009 BRFSS*

(N= 23,299)

	%	(95% CI)
Total	26.1	(25.2 – 26.9)
Sex		
Men	24.0	(22.7 – 25.3)
Women	28.1	(27.0 – 29.2)
Age		
18–24	29.9	(26.0 – 33.8)
25–34	32.9	(30.6 – 35.2)
35–44	29.5	(27.8 – 31.2)
45–54	26.3	(24.9 – 27.8)
55–64	21.3	(20.0 – 22.7)
≥65	12.6	(11.7 – 13.5)
Race/Ethnicity		
White	25.8	(25.0 – 26.7)
Hispanic	24.8	(22.5 – 27.2)
Black	31.9	(26.0 – 37.9)
Asian	23.9	(15.9 – 31.9)
American Indian/Alaska Native	26.3	(17.1 – 35.4)
Native Hawaiian/Pacific Islander	-	- -
Other/Multiracial	39.1	(31.9 – 46.2)
Employment Status		
Employed	26.4	(25.3 – 27.4)
Unemployed	32.9	(28.6 – 37.2)
Retired	13.1	(12.1 – 14.1)
Unable to work	51.0	(46.7 – 55.2)
Homemaker or student	27.9	(25.3 – 30.5)
Marital Status		
Married	24.8	(23.9 – 25.7)
Divorced, widowed, separated	27.2	(25.5 – 28.8)
Member of unmarried couple	32.9	(27.7 – 38.1)
Never married	28.0	(25.1 – 30.9)
Children in Home		
No	21.7	(20.7 – 22.7)
Yes	31.2	(29.8 – 32.6)
Body Mass Index		
Underweight	30.7	(23.2 – 38.2)
Normal	24.4	(23.1 – 25.8)
Overweight	24.5	(23.2 – 25.9)
Obese	31.8	(29.9 – 33.8)

*Data source: Behavioral Risk Factor Surveillance Survey (BRFSS) for 2008 and 2009. As part of the phone survey, respondents were asked, "During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?" Dashes (-) indicate a cell size <50. For information about BRFSS methodology, go to http://www.cdc.gov/BRFSS.