
Inadequate Sleep

Definition: Respondents who said that they felt they did not get enough rest or sleep in 30 days out of the past 30.

Prevalence of Lack of Sleep

- South Dakota 10.1%
- There is no nationwide median for lack of sleep in the past 30 days

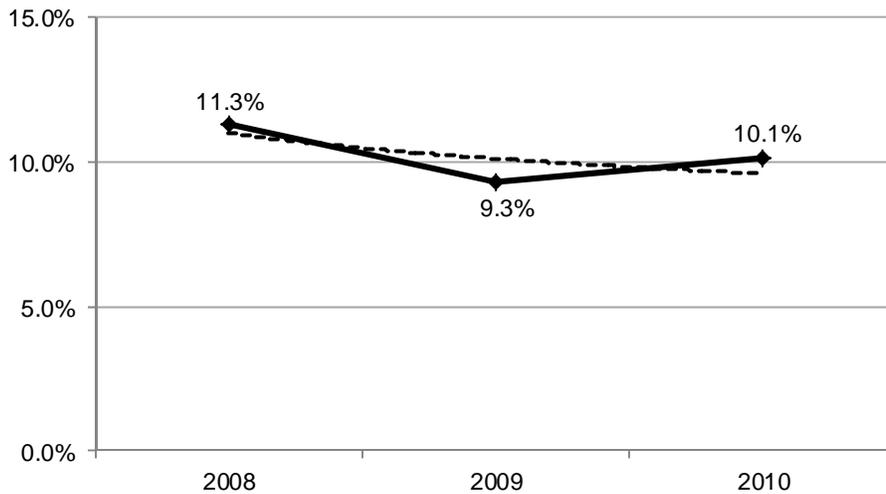
Healthy People 2010 Objective

There was no stated Healthy People 2010 Objective for lack of sleep in the past 30 days.

Trend Analysis

This question was first asked in 2008 with 11.3 percent of respondents reporting they did not get enough rest or sleep in 30 out of the past 30 days. Since that time, the percent has been decreasing with 9.3 and 10.1 percent in 2009 and 2010, respectively.

Figure 75
Percent of Respondents Who Felt They Did Not Get Enough Rest or Sleep in 30 Days of the Past 30, 2008-2010



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2008-2010

Table 52
Respondents Who Reported Lack of Sleep in the Past 30 Days, 2010

	Total			Male			Female		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
Total	6,536	10.1	(8.9-11.4)	2,589	9.3	(7.6-11.3)	3,947	10.9	(9.4-12.7)
Age									
18-24	203	13.6	(8.5-21.0)	*	*	*	*	*	*
25-34	570	12.8	(9.7-16.7)	237	9.4	(5.9-14.8)	333	16.4	(11.8-22.4)
35-44	773	12.2	(9.3-15.7)	308	14.9	(10.2-21.1)	465	9.3	(6.6-13.0)
45-54	1,268	9.1	(7.4-11.1)	538	8.5	(6.2-11.5)	730	9.6	(7.3-12.6)
55-64	1,425	6.5	(5.2-8.2)	597	5.6	(3.8-8.1)	828	7.5	(5.6-9.9)
65-74	1,132	7.8	(6.1-10.0)	457	7.4	(5.0-10.9)	675	8.2	(6.0-11.0)
75+	1,131	7.7	(6.1-9.7)	346	7.9	(5.2-11.8)	785	7.5	(5.7-9.9)
Race									
White	5,536	9.7	(8.5-11.1)	2,203	8.8	(7.0-10.8)	3,333	10.7	(9.0-12.6)
American Indian	762	14.2	(10.2-19.3)	290	13.1	(7.5-21.9)	472	15.1	(10.1-21.8)
Region									
Southeast	1,324	9.1	(7.2-11.4)	522	8.4	(5.9-11.8)	802	9.8	(7.2-13.1)
Northeast	1,398	10.1	(7.8-12.9)	550	10.5	(7.0-15.4)	848	9.7	(7.1-13.0)
Central	1,257	11.1	(8.4-14.5)	493	11.9	(7.6-18.1)	764	10.4	(7.5-14.1)
West	1,287	11.0	(8.4-14.3)	528	8.3	(5.0-13.3)	759	14.0	(10.3-18.9)
American Indian Counties	1,270	11.6	(9.0-14.9)	496	9.5	(6.3-14.0)	774	13.8	(10.0-18.8)
Household Income									
Less than \$15,000	632	15.5	(10.5-22.2)	223	10.2	(6.3-15.9)	409	20.3	(12.2-31.7)
\$15,000-\$19,999	411	14.3	(9.6-20.8)	146	8.6	(4.5-15.7)	265	19.2	(11.9-29.3)
\$20,000-\$24,999	549	13.8	(9.3-20.2)	214	10.7	(5.9-18.9)	335	16.7	(9.8-26.8)
\$25,000-\$34,999	756	12.2	(8.6-16.9)	327	11.1	(6.7-17.8)	429	13.5	(8.5-20.9)
\$35,000-\$49,999	988	9.3	(7.0-12.2)	419	8.5	(5.3-13.2)	569	10.2	(7.4-13.9)
\$50,000-\$74,999	1,008	7.5	(5.5-10.1)	427	7.3	(4.7-11.2)	581	7.7	(4.9-11.7)
\$75,000+	1,163	6.8	(5.2-8.9)	551	6.2	(4.1-9.2)	612	7.6	(5.2-10.8)
Education									
Less than High School	571	17.5	(11.7-25.4)	259	18.8	(10.8-30.6)	312	15.3	(9.6-23.6)
High School or G.E.D.	2,129	11.9	(9.5-14.9)	877	11.9	(8.6-16.1)	1,252	12.0	(8.7-16.3)
Some Post-High School	1,820	9.3	(7.6-11.3)	671	6.1	(4.3-8.5)	1,149	11.9	(9.2-15.1)
College Graduate	2,008	7.5	(6.0-9.4)	780	6.5	(4.5-9.4)	1,228	8.5	(6.5-11.1)
Marital Status									
Married/Unmarried Couple	3,954	9.5	(8.2-10.9)	1,695	8.9	(7.2-10.8)	2,259	10.1	(8.3-12.3)
Divorced/Separated	826	16.4	(12.3-21.4)	335	15.4	(9.2-24.8)	491	17.2	(12.7-22.8)
Widowed	1,019	10.8	(8.5-13.5)	161	15.6	(9.3-25.0)	858	9.6	(7.4-12.4)
Never Married	728	9.9	(6.4-15.0)	394	8.1	(3.8-16.4)	334	12.6	(7.8-19.6)
Children Status									
Children in Household	1,155	14.3	(11.7-17.4)	436	12.8	(9.4-17.2)	719	15.7	(12.0-20.2)
No Children in Household	390	8.9	(5.0-15.4)	206	8.6	(3.6-19.4)	184	9.4	(5.0-17.0)

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2010