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# Sleep

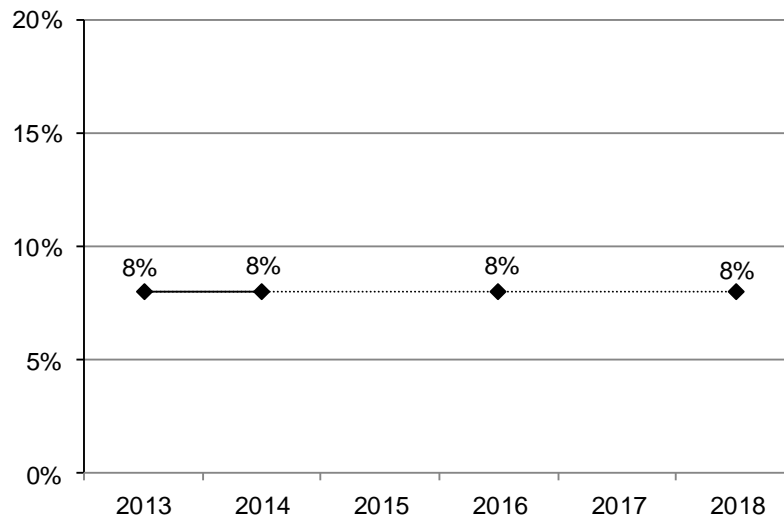
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**Definition:** South Dakotans who said that they got less than six hours of sleep in an average 24-hour period.

## Prevalence of Inadequate Sleep

- South Dakota 8%
- *There is no nationwide median for sleep*

**Figure 72**  
**Percent of South Dakotans Who Get Less Than Six Hours of Sleep in an Average 24-Hour Period, 2013, 2014, 2016, and 2018**



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013, 2014, 2016, and 2018

**Table 57  
South Dakotans Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2014-2018**

		2014-2018	95% Confidence Interval	
			Low	High
<b>Gender</b>	Male	8%	7.4%	9.5%
	Female	8%	7.0%	8.9%
<b>Age</b>	18-29	9%	6.9%	11.0%
	30-39	9%	7.4%	11.1%
	40-49	10%	7.7%	11.8%
	50-59	9%	7.9%	11.0%
	60-69	6%	5.1%	7.7%
	70-79	6%	4.4%	7.1%
	80+	5%	3.9%	7.5%
<b>Race/Ethnicity</b>	White, Non-Hispanic	8%	7.2%	8.6%
	American Indian, Non-Hispanic	8%	6.6%	10.7%
	Hispanic	13%	6.4%	24.2%
<b>Household Income</b>	Less than \$35,000	12%	10.6%	13.9%
	\$35,000-\$74,999	7%	6.0%	8.4%
	\$75,000+	5%	3.7%	5.6%
<b>Education</b>	Less than High School, G.E.D.	12%	9.1%	14.9%
	High School, G.E.D.	9%	8.0%	10.8%
	Some Post-High School	9%	7.3%	9.9%
	College Graduate	5%	3.8%	5.4%
<b>Employment Status</b>	Employed for Wages	8%	7.4%	9.5%
	Self-employed	5%	3.7%	6.3%
	Unemployed	13%	9.2%	19.0%
	Homemaker	7%	4.3%	11.3%
	Student	7%	4.1%	12.3%
	Retired	5%	4.0%	5.7%
	Unable to Work	24%	19.2%	28.5%
<b>Marital Status</b>	Married/Unmarried Couple	6%	5.7%	7.3%
	Divorced/Separated	14%	11.6%	16.5%
	Widowed	9%	7.1%	12.4%
	Never Married	9%	7.3%	11.0%
<b>Home Ownership Status</b>	Own Home	7%	5.9%	7.3%
	Rent Home	12%	10.2%	14.1%
<b>Children Status</b>	Children in Household (Ages 18-44)	9%	7.6%	10.8%
	No Children in Household (Ages 18-44)	9%	7.2%	11.1%
<b>Phone Status</b>	Landline	7%	5.9%	7.7%
	Cell Phone	9%	8.0%	9.9%
<b>Pregnancy Status</b>	Pregnant (Ages 18-44)	5%	1.8%	12.5%
	Not Pregnant (Ages 18-44)	8%	6.4%	10.2%
<b>County</b>	Minnehaha	8%	6.3%	10.1%
	Pennington	9%	6.8%	10.6%
	Lincoln	5%	3.9%	7.1%
	Brown	11%	8.5%	13.7%
	Brookings	10%	6.5%	13.8%
	Codington	7%	5.3%	9.2%
	Meade	8%	6.0%	11.7%
	Lawrence	8%	6.2%	10.4%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2014-2018

## **Demographics**

<b>Gender</b>	There seems to be no gender difference regarding lack of sleep.
<b>Age</b>	Lack of sleep seems to peak in the 40s and then decreases as age increases with a significant decrease as the 60s are reached.
<b>Race/Ethnicity</b>	There seems to be no significant racial/ethnic differences regarding lack of sleep.
<b>Household Income</b>	The prevalence of lack of sleep decreases as household income increases. This includes significant decreases when the \$35,000-\$74,999 and \$75,000+ household income levels are reached.
<b>Education</b>	The prevalence of lack of sleep decreases as education increases. This includes a significant decrease as the college graduate level is reached.
<b>Employment</b>	Those who are unable to work demonstrate a very high prevalence of lack of sleep, while those who are self-employed, a homemaker, a student, or retired show a very low prevalence.
<b>Marital Status</b>	Those who are divorced exhibit a very high prevalence of lack of sleep, while those who are married or have never been married show a very low prevalence.
<b>Home Ownership</b>	Those who rent their home show a significantly higher prevalence of lack of sleep than those who own their home.
<b>Children Status</b>	The prevalence of lack of sleep among adults does not seem to differ based on the presence of children in the household.
<b>Phone Status</b>	Those who primarily use a cell phone show a significantly higher prevalence of lack of sleep than those who primarily use a landline phone.
<b>Pregnancy Status</b>	The prevalence of lack of sleep does not seem to differ based on pregnancy status.
<b>County</b>	Brown county demonstrates a very high prevalence for lack of sleep, while Lincoln county shows a very low prevalence.