

Sleep

Definition: Respondents 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 lack of sleep in the past 30 days.

Healthy People 2020 Objective

There was no stated Healthy People 2020 Objective for getting less than 6 hours of sleep in a 24-hour period.

Table 65		
Respondents Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2013		
		2013
Total		8%
Gender	Male	9%
	Female	8%
Age	18-34	11%
	35-44	9%
	45-54	9%
	55-64	5%
	65-74	7%
	75+	6%
Race	White	8%
	American Indian	10%
Ethnicity	Hispanic	*
	Non-Hispanic	8%
Household Income	Less than \$15,000	15%
	\$15,000-\$24,999	13%
	\$25,000-\$34,999	9%
	\$35,000-\$49,999	7%
	\$50,000-\$74,999	7%
	\$75,000+	5%
Education	Less than High School, G.E.D.	11%
	High School, G.E.D.	11%
	Some Post-High School	7%
	College Graduate	5%
Employment Status	Employed for Wages	8%
	Self-employed	6%
	Unemployed	17%
	Homemaker	8%
	Student	11%
	Retired	5%
	Unable to Work	20%
Marital Status	Married/Unmarried Couple	7%
	Divorced/Separated	13%
	Widowed	9%
	Never Married	9%
Home Ownership Status	Own Home	7%
	Rent Home	13%
Children Status	Children in Household (Ages 18-44)	10%
	No Children in Household (Ages 18-44)	9%
Phone Status	Landline	7%
	Cell Phone	10%
Pregnancy Status	Pregnant (Ages 18-44)	*
	Not Pregnant (Ages 18-44)	9%

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

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013

Further Analysis

The following data show the percent of those who sleep less than six hours in an average 24-hour period for various health behaviors and conditions. For example, 19 percent of respondents who are current smokers sleep less than six hours in an average 24-hour period, while five percent of respondents who have never smoked sleep less than six hours in an average 24-hour period.

Health Behavior or Condition	% Inadequate Sleep
Underweight (BMI < 18.5)	14%
Recommended (BMI = 18.5-24.9)	8%
Overweight (BMI = 25.0-29.9)	8%
Obese - Class I (BMI = 30.0-34.9)	8%
Obese - Classes II & III (BMI = 35.0+)	10%
Leisure Time Exercise	7%
No Leisure Time Exercise	11%
Met Physical Activity Recommendations	8%
Did Not Meet Physical Activity Recommendations	8%
2+ Servings of Fruit per Day	7%
< 2 Servings of Fruit per Day	8%
3+ Servings of Vegetables per Day	7%
< 3 Servings of Vegetables per Day	8%
5+ Servings of Fruits and Vegetables per Day	7%
< 5 Servings of Fruits and Vegetables per Day	8%
Current Smoker	19%
Former Smoker	7%
Never Smoked	5%
Smokeless Tobacco	15%
No Smokeless Tobacco	8%
Heard of "South Dakota QuitLine"	8%
Not Heard of "South Dakota QuitLine"	7%
Diabetes	13%
No Diabetes	8%
High Blood Pressure	10%
No High Blood Pressure	8%
High Blood Cholesterol	8%
No High Blood Cholesterol	7%
Health Insurance (18-64)	8%
No Health Insurance (18-64)	17%
Employer Based Coverage (18-64)	7%
Private Health Plan (18-64)	6%
Medicare (18-64)	18%
Medicaid or Medical Assistance (18-64)	13%
The Military, CHAMPUS, TriCare, or the VA (18-64)	8%
The Indian Health Service (18-64)	9%
Flu Shot (65+)	7%
No Flu Shot (65+)	5%
Pneumonia Shot (65+)	6%
No Pneumonia Shot (65+)	6%
Previously Had Heart Attack	11%
Never Had Heart Attack	8%
Have Angina or Coronary Heart Disease	18%
Do Not Have Angina or Coronary Heart Disease	8%

**Table 66 (continued)
Inadequate Sleep Prevalence for Selected Health Behaviors and
Conditions, 2011-2013**

Health Behavior or Condition	% Inadequate Sleep
Previously Had a Stroke	10%
Never Had a Stroke	8%
Cancer	9%
No Cancer	8%
Skin Cancer	8%
No Skin Cancer	8%
Current Asthma	20%
Former Asthma	8%
Never Had Asthma	7%
Arthritis	14%
No Arthritis	7%
COPD	21%
No COPD	8%
Depression	16%
No Depression	7%
Kidney Disease	20%
No Kidney Disease	8%
Severe Vision Impairment	21%
No Severe Vision Impairment	8%
Recent Increased Confusion/Memory Loss	17%
No Recent Increased Confusion/Memory Loss	8%
Always/Almost Always Wear Seat Belt	7%
Sometimes/Seldom/Never Wear Seat Belt	12%
Drank Alcohol in Past 30 Days	7%
Did Not Drink Alcohol in Past 30 Days	10%
Binge Drinker	9%
Not a Binge Drinker	8%
Heavy Drinker	12%
Not a Heavy Drinker	8%
Good/Very Good/Excellent Health Status	7%
Fair/Poor Health Status	19%
Physical Health Not Good for 0-29 Days of the Past 30	8%
Physical Health Not Good for 30 Days of the Past 30	21%
Mental Health Not Good for 0-19 Days of the Past 30	8%
Mental Health Not Good for 20-30 Days of the Past 30	25%
Usual Activities Unattainable for 0-9 Days of the Past 30	7%
Usual Activities Unattainable for 10-30 Days of the Past 30	24%
Physical, Mental, or Emotional Problems	16%
No Physical, Mental, or Emotional Problems	6%
Disability with Special Equipment Needed	18%
No Disability with Special Equipment Needed	8%
< 2 Hours of TV per Day	9%
2+ Hours of TV per Day	7%
Been Tested for HIV (18-64)	11%
Never Been Tested for HIV (18-64)	7%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013