

The following table shows the percent of those who get less than six hours of sleep for various health behaviors and conditions. For example, 24 percent of respondents who report their mental health is not good for 20-30 days of the past 30 days get less than six hours of sleep, while seven percent of respondents who report their mental health is not good for 0-19 days of the past 30 days get less than six hours of sleep.

**Prevalence of Inadequate Sleep for Selected Health Behaviors and Conditions, 2011-2014**

	<b>&lt; 6 hours of sleep</b>
Underweight (BMI < 18.5)	11%
Recommended Weight (BMI = 18.5-24.9)	8%
Overweight (BMI = 25.0-29.9)	7%
Obese - Class I (BMI = 30.0-34.9)	8%
Obese - Classes II & III (BMI = 35.0+)	12%
Watching Salt Intake	8%
Not Watching Salt Intake	8%
Participates in Leisure Time Exercise	7%
Does Not Participate in Leisure Time Exercise	11%
Current Smoker	18%
Former Smoker	7%
Never Smoked	5%
Uses Smokeless Tobacco	13%
Does Not Use Smokeless Tobacco	8%
Heard of "South Dakota Quitline"	8%
Not Heard of "South Dakota Quitline"	8%
Ever Diagnosed with Diabetes	13%
Never Diagnosed with Diabetes	8%
Has High Blood Pressure	10%
Does Not Have High Blood Pressure	7%
Has Health Insurance (18-64)	8%
Does Not Have Health Insurance (18-64)	17%
Employer Based Coverage (18-64)	7%
Private Health Plan (18-64)	5%
Medicare (18-64)	17%
Medicaid or Medical Assistance (18-64)	10%
The military, CHAMPUS, TriCare, or the VA (18-64)	9%
The Indian Health Service (18-64)	11%
Breast Exam Within Past Two Years	7%
No Breast Exam Within Past Two Years	9%
Mammogram Within Past Two Years (40+)	7%
No Mammogram Within Past Two Years (40+)	13%
Pap Smear Within Past Three Years	7%
No Pap Smear Within Past Three Years	6%
Blood Stool Test Within Past Two Years (50+)	10%
No Blood Stool Test Within Past Two Years (50+)	7%
Ever Had a Sigmoidoscopy or Colonoscopy (50+)	7%
Never Had a Sigmoidoscopy or Colonoscopy (50+)	7%
PSA Test Within Past Two Years (40+)	6%
No PSA Test Within Past Two Years (40+)	8%
Had a Flu Shot in Past 12 Months (65+)	6%
Did Not Have a Flu Shot in Past 12 Months (65+)	5%
Ever Had a Pneumonia Shot (65+)	6%
Never Had a Pneumonia Shot (65+)	6%
Ever Had a Shingles Shot (50+)	6%
Never Had a Shingles Shot (50+)	7%
Previously Had Heart Attack	10%
Never Had Heart Attack	8%

**Prevalence of Inadequate Sleep for Selected Health Behaviors and Conditions, 2011-2014**

	<b>&lt; 6 hours of sleep</b>
Have Angina or Coronary Heart Disease	16%
Does Not Have Angina or Coronary Heart Disease	8%
Previously Had a Stroke	13%
Never Had a Stroke	8%
Ever Diagnosed with Cancer (Excluding Skin Cancer)	11%
Never Diagnosed with Cancer	8%
Ever Diagnosed with Skin Cancer	8%
Never Diagnosed with Skin Cancer	8%
Uses Sun Block Most of the Time	7%
Does Not Use Sun Block Most of the Time	8%
Current Asthma	19%
Former Asthma	9%
Never Had Asthma	7%
Ever Diagnosed with Arthritis	13%
Never Diagnosed with Arthritis	7%
Ever Diagnosed with COPD	18%
Never Diagnosed with COPD	8%
Ever Diagnosed with Depression	16%
Never Diagnosed with Depression	7%
Ever Diagnosed with Kidney Disease	19%
Never Diagnosed with Kidney Disease	8%
Has Severe Vision Impairment	19%
Does Not Have Severe Vision Impairment	8%
Recent Increased Confusion/Memory Loss	20%
No Recent Increased Confusion/Memory Loss	7%
Been to the Dentist in the Past Year	6%
Hasn't Been to the Dentist in the Past Year	13%
Always/Almost Always Wears Seat Belt	7%
Sometimes/Seldom/Never Wears Seat Belt	12%
Drank Alcohol in Past 30 Days	7%
Did Not Drink Alcohol in Past 30 Days	9%
Binge Drinker	8%
Not a Binge Drinker	8%
Heavy Drinker	10%
Not a Heavy Drinker	8%
Good/Very Good/Excellent Health Status	7%
Fair/Poor Health Status	18%
Physical Health Not Good for 0-29 Days of the Past 30	7%
Physical Health Not Good for 30 Days of the Past 30	23%
Mental Health Not Good for 0-19 Days of the Past 30	7%
Mental Health Not Good for 20-30 Days of the Past 30	24%
Usual Activities Unattainable for 0-9 Days of the Past 30	7%
Usual Activities Unattainable for 10-30 Days of the Past 30	26%
Has Physical, Mental, or Emotional Problems	16%
Does Not Have Physical, Mental, or Emotional Problems	6%
Has a Disability with Special Equipment Needed	17%
Does Not Have a Disability with Special Equipment Needed	7%
Injured in a Fall in Past 12 Months (45+)	16%
Not Injured in a Fall in Past 12 Months (45+)	6%
Ever Been Tested for HIV	10%
Never Been Tested for HIV	7%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2011-2014