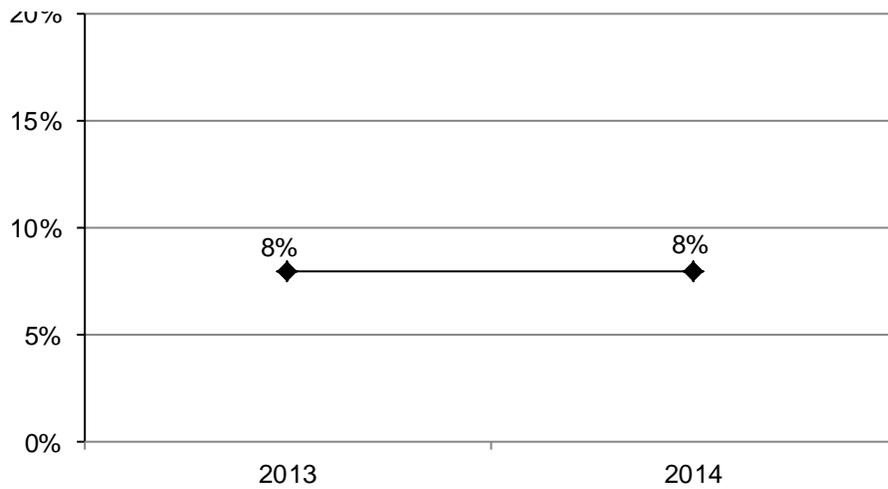

Sleep

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%

Figure 75
Percent of Respondents Who Get Less Than Six Hours of Sleep in an Average 24-Hour Period, 2013-2014



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2011-2014

Table 39				
Respondents Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2013-2014				
		2013-2014	2013	2014
Total		8%	8%	8%
Gender	Male	9%	9%	8%
	Female	8%	8%	8%
Age	18-24	11%	*	*
	25-34	8%	*	*
	35-44	10%	*	*
	45-54	9%	*	*
	55-64	6%	*	7%
	65-74	6%	*	*
	75+	6%	*	*
Race	White	8%	8%	8%
	American Indian	8%	*	*
Ethnicity	Hispanic	14%	*	*
	Non-Hispanic	8%	8%	8%
Household Income	Less than \$25,000	14%	*	14%
	\$25,000-\$49,999	8%	8%	7%
	\$50,000+	6%	6%	5%
Education	Less than High School, G.E.D.	10%	*	*
	High School, G.E.D.	10%	11%	9%
	Some Post-High School	8%	7%	9%
	College Graduate	5%	5%	4%
Employment Status	Employed for Wages	8%	8%	8%
	Self-employed	5%	*	*
	Unemployed	16%	*	*
	Homemaker	7%	*	*
	Student	10%	*	*
	Retired	6%	5%	6%
	Unable to Work	19%	*	*
Marital Status	Married/Unmarried Couple	7%	7%	7%
	Divorced/Separated	13%	*	*
	Widowed	9%	*	*
	Never Married	9%	*	*
Home Ownership Status	Own Home	7%	7%	7%
	Rent Home	12%	13%	11%
Children Status	Children in Household (Ages 18-44)	10%	*	*
	No Children in Household (Ages 18-44)	9%	*	*
Phone Status	Landline	7%	7%	7%
	Cell Phone	9%	10%	9%
Pregnancy Status	Pregnant (Ages 18-44)	7%	*	*
	Not Pregnant (Ages 18-44)	8%	*	*
County	Minnehaha	7%	*	*
	Pennington	9%	*	*
	Lincoln	8%	*	*
	Brown	11%	*	*
	Brookings	10%	*	*
	Codington	6%	*	*
	Meade	8%	*	*
	Lawrence	6%	*	*

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

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