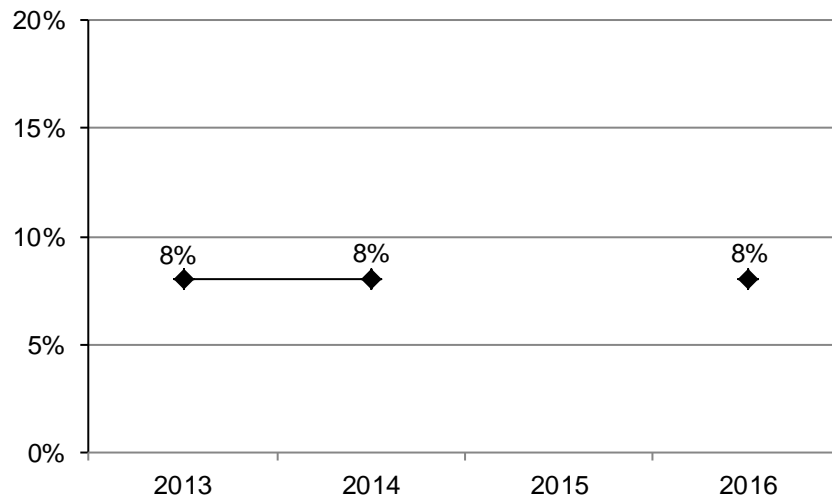

Sleep

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 sleep

Figure 89
Percent of Respondents Who Get Less Than Six Hours of Sleep in an Average 24-Hour Period, 2013, 2014, and 2016



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

**Table 51
 Respondents Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2013, 2014, and
 2016**

			95% Confidence Interval	
		2013-2016	Low	High
Gender	Male	8%	7.4%	9.4%
	Female	8%	7.0%	8.9%
Age	18-29	9%	7.0%	10.9%
	30-39	9%	7.2%	10.6%
	40-49	10%	8.0%	11.7%
	50-59	9%	7.3%	10.3%
	60-69	6%	4.9%	7.3%
	70-79	6%	4.9%	8.2%
	80+	6%	4.2%	8.1%
Race	White	8%	7.1%	8.4%
	American Indian	8%	6.3%	10.6%
Ethnicity	Hispanic	12%	6.0%	23.3%
	Non-Hispanic	8%	7.4%	8.7%
Household Income	Less than \$35,000	13%	11.3%	14.5%
	\$35,000-\$74,999	7%	5.6%	7.7%
	\$75,000+	5%	3.8%	5.9%
Education	Less than High School, G.E.D.	10%	7.9%	12.9%
	High School, G.E.D.	10%	8.6%	11.3%
	Some Post-High School	8%	7.1%	9.5%
	College Graduate	5%	3.9%	5.6%
Employment Status	Employed for Wages	8%	7.1%	9.0%
	Self-employed	5%	3.4%	6.0%
	Unemployed	16%	11.6%	21.6%
	Homemaker	8%	5.0%	12.5%
	Student	9%	5.4%	14.3%
	Retired	5%	4.1%	6.1%
	Unable to Work	22%	18.3%	26.9%
Marital Status	Married/Unmarried Couple	7%	5.9%	7.5%
	Divorced/Separated	14%	11.9%	16.8%
	Widowed	8%	6.6%	10.3%
	Never Married	9%	7.2%	10.6%
Home Ownership Status	Own Home	7%	6.0%	7.4%
	Rent Home	12%	10.1%	13.7%
Children Status	Children in Household (Ages 18-44)	9%	7.5%	10.7%
	No Children in Household (Ages 18-44)	9%	7.0%	10.5%
Phone Status	Landline	7%	6.0%	7.7%
	Cell Phone	9%	8.1%	10.1%
Pregnancy Status	Pregnant (Ages 18-44)	5%	2.1%	12.4%
	Not Pregnant (Ages 18-44)	8%	6.5%	10.0%
County	Minnehaha	7%	5.8%	9.6%
	Pennington	9%	7.1%	12.1%
	Lincoln	8%	5.5%	11.6%
	Brown	11%	7.6%	14.5%
	Brookings	10%	6.4%	16.7%
	Codington	6%	3.6%	8.4%
	Meade	8%	5.9%	11.4%
	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, 2013, 2014, and 2016

Demographics

Gender	There is no gender difference with regard to lack of sleep.
Age	The prevalence of lack of sleep seems to peak in the 40s.
Race	There are no significant racial differences with regard to lack of sleep.
Ethnicity	There is no significant Hispanic difference in the prevalence of lack of sleep.
Household Income	The prevalence of lack of sleep decreases as household income increases. This includes a significant decrease when the \$35,000-\$74,999 household income level is reached.
Education	The prevalence of lack of sleep decreases as education increases. This includes a significant decrease as the college graduate level is reached.
Employment	Those who are unable to work or unemployed demonstrate a very high prevalence of lack of sleep, while those who are self-employed, a homemaker, or retired show a very low prevalence.
Marital Status	Those who are divorced or separated exhibit a significantly higher prevalence of lack of sleep than any other marital status.
Home Ownership	Those who rent their home show a significantly higher prevalence of lack of sleep than those who own their home.
Children Status	Children in the household do not seem to affect the prevalence of lack of sleep among adults.
Phone Status	Those with a cell phone show a significantly higher prevalence of lack of sleep than those with a landline phone.
Pregnancy Status	Pregnancy does not seem to affect the prevalence of lack of sleep.
County	There are no significant differences among the eight counties regarding lack of sleep.