

The Americans Who Don't Get Enough Sleep

CDC study finds Hawaii, Southeast, Appalachia have lowest percentage of adults achieving at least 7 hours of shut-eye

More than a third of U.S. adults aren't getting enough shut-eye, according to new data from the CDC. Among the sleepest states: Hawaii, the southeastern U.S. and states along the Appalachian Mountains. Photo: Carlo Allegri/Reuters

Betsy McKay

Updated Feb. 18, 2016 5:37 p.m. ET

29 COMMENTS

It is no surprise that many Americans don't get enough sleep. Now, new government data reveal who the sleep-deprived are and where they live.

Hawaii, the southeastern U.S. and states along the Appalachian Mountains have the lowest percentages of adults who get enough shut-eye, while South Dakota and other Great Plains states are the nation's most well-rested region, according to a report released on Thursday by the Centers for Disease Control and Prevention.

The CDC said that less than seven hours of sleep a night and other poor sleep habits are linked to health risks. Overall, more than a third of U.S. adults—83.6 million people age 18 and over—aren't getting enough sleep, the CDC said.

“As a nation we are not getting enough sleep,” said Wayne Giles, director of CDC's division of population health.

Of all the respondents, 11.8% reported getting five hours or less sleep over a 24-hour period, and 23% get six hours.

At the other end of the spectrum, 4.4% sleep nine hours and 3.6% sleep 10 hours or

more.

Failing to Sleep

Percentage of adults who reported getting seven hours or more in 24-hour period

U.S. median



Age group



Gender



Female	65.2
Race/Ethnicity	
White non-Hispanic	66.8
Black non-Hispanic	54.2
Hispanic	65.5
American Indian/Alaska Native	59.6
Asian	62.5
Native Hawaiian/Pacific Islander	53.7
Multiracial non-Hispanic	53.6
Other non-Hispanic	62.0
Employment status	
Employed	64.9
Unemployed	60.2
Retired	60.9
Unable to work	51.0
Homemaker/student	69.5

Education level

Less than high school diploma	62.5
High school diploma	62.4
Some college	62.4
College graduate or higher	71.5

Marital status

Married	67.4
Divorced widowed separated	55.7
Never married	62.3
Member of unmarried couple	65.2

Note: All data, excluding the age groups, are age-adjusted using the 2000 projected U.S. population, 18 years old and over.

Source: Centers for Disease Control and Prevention

THE WALL STREET JOURNAL.

ENLARGE

Whites and Hispanics sleep more than native Hawaiians, Pacific Islanders and blacks, according to the CDC analysis, which was based on 2014 self-reported data from

444,306 U.S. adults who answered questions by telephone in a routine national health survey.

People who are employed, have a college education or are married are more rested than those who don't have jobs, are less educated or are divorced, widowed or separated, according to the report. The results "suggest that employment and higher education might be determinants of healthy sleep," the report said.

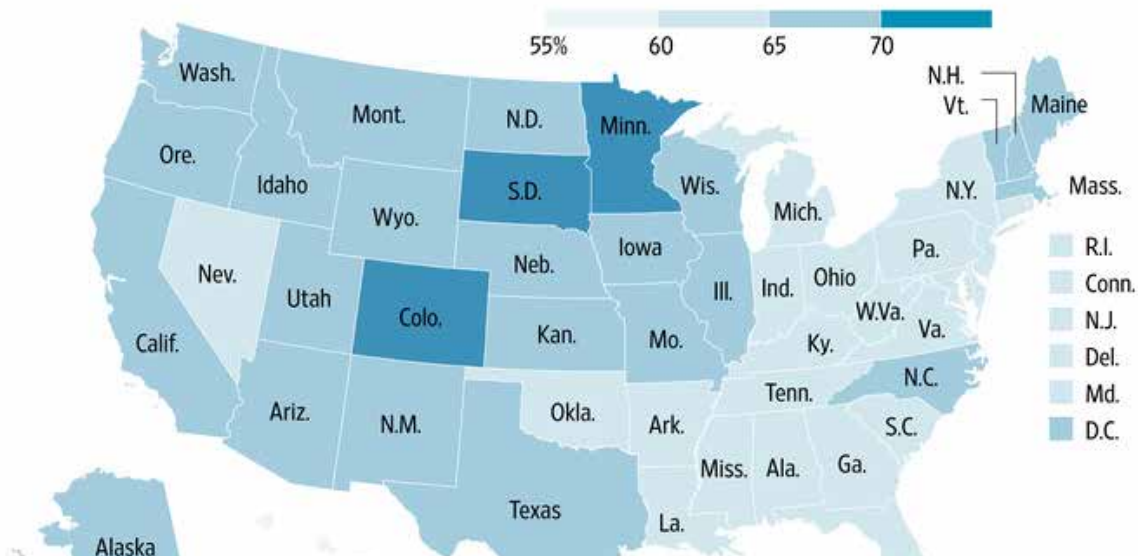
Several of the results are consistent with previous studies using different data sets, the CDC said.

The report's findings suggest that health-care providers need to talk more with patients about sleep problems and that people need to turn off televisions, computers and mobile devices when it is time for bed, the CDC said. People also should try to go to bed and get up at about the same time each day, and avoid big meals, nicotine, alcohol and caffeine before bedtime, it said.

Less than seven hours of sleep a night is linked with an increased risk of obesity, diabetes, heart disease and mental distress, the agency said, noting that prevalence of several of those conditions is high in the Southeast and Appalachia.

The agency also urged employers to adjust work schedules and educate shift workers —particularly those in medical, emergency response and transportation professions—to make sure they get enough sleep.

Percentage of adults who reported getting seven hours of sleep or more in 24-hour period





ENLARGE

THE WALL STREET JOURNAL

Write to Betsy McKay at betsy.mckay@wsj.com^[1]

Corrections & Amplifications:

Overall, 83.6 million people aged 18 and over aren't getting enough sleep, the CDC said. An earlier version of this article incorrectly defined the group as between 18 and 60 years old. (Feb. 18, 2016)

1. <mailto:betsy.mckay@wsj.com>