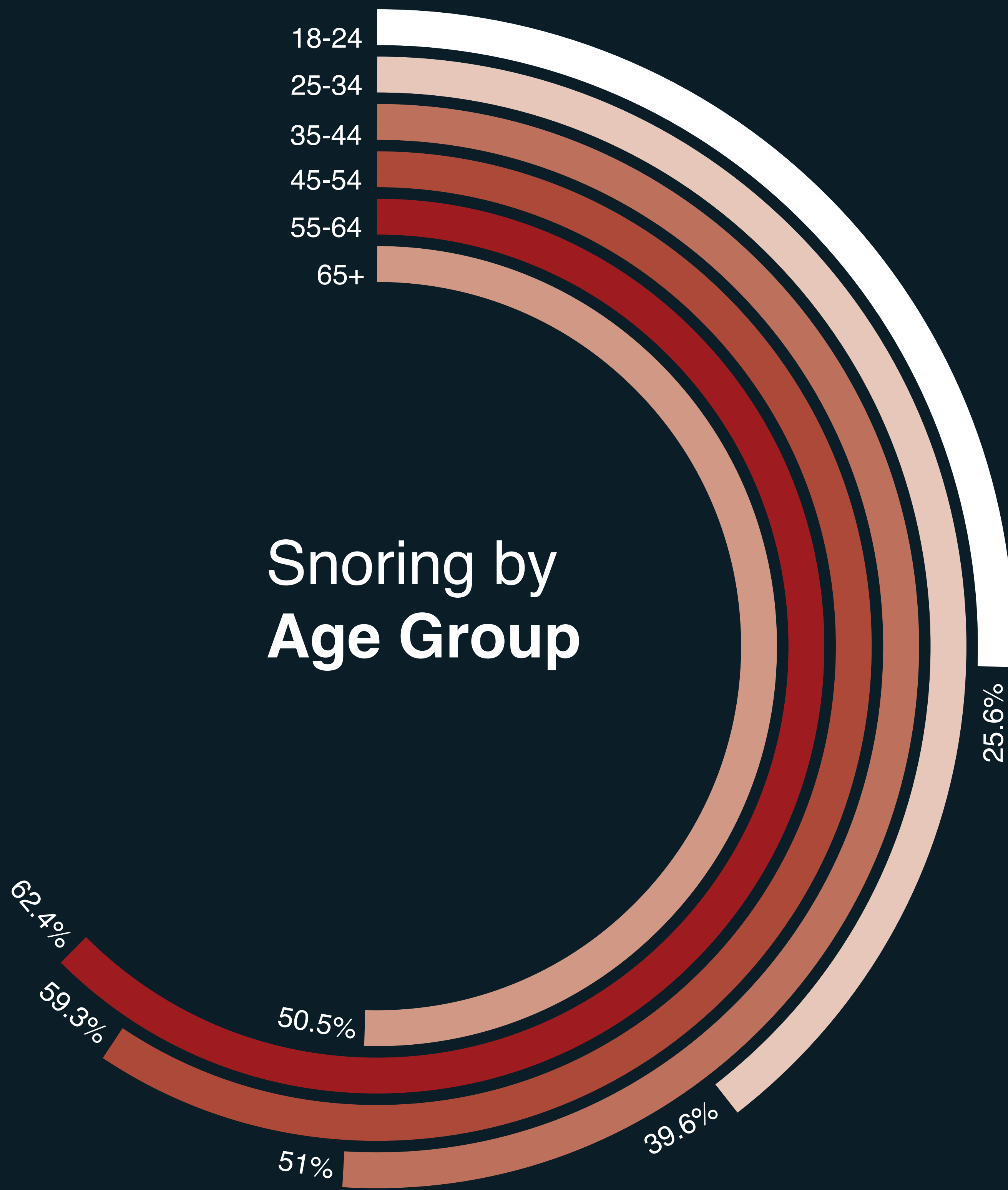


Unhealthy Sleep-Related Behaviors



Snoring by Age Group



What is already known on this topic?

The National Sleep Foundation suggests that adults need 7–9 hours of sleep per night; shorter and longer sleep durations have been associated with increased morbidity and mortality.

An estimated 50–70 million U.S. adults have chronic sleep and wakefulness disorders, and the percentage who report less than 7 hours of sleep on average has increased since the 1980s to approximately one third of all U.S. adults.

What are the implications for public health?

Increased public awareness, expanded surveillance and research, training of health-care professionals, and a multifaceted approach that considers related health, employment, lifestyle, and environmental factors will be needed to improve sleep health among U.S. adults and reduce the prevalence of unhealthy sleep-related behaviors and sleep disorders.

What is added by this report?

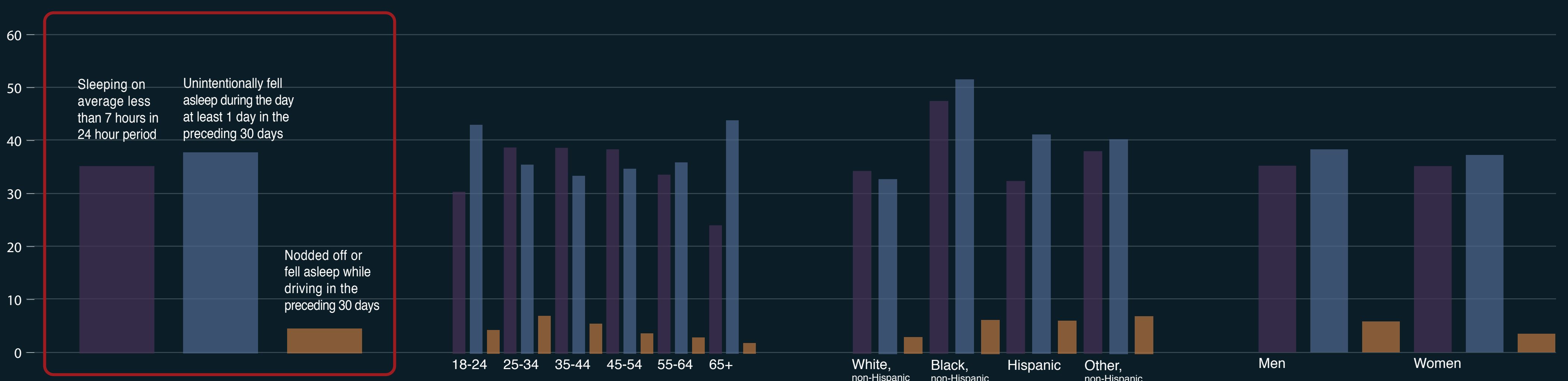
Perceived difficulty in carrying out each of several daily activities because of being too sleepy or tired was as much as 50% greater among adults who usually slept less than 7 hours on weekdays or workdays than among those who usually slept 7–9 hours.

Total Percentage

Age group

Race/ethnicity

Sex



Employment Status

Education Level

State

Marital Status

