

2014 SC BRFS: Inadequate Sleep

On average, how many hours of sleep do you get in a 24-hour period?

	Total Respondents	< 4 hours of sleep				5-6 hours of sleep				7-8 hours of sleep				9-10 hours of sleep				> 10 hours of sleep			
		N	%	C.I.(95%)		N	%	C.I.(95%)		N	%	C.I.(95%)		N	%	C.I.(95%)		N	%	C.I.(95%)	
TOTAL	10,747	490	5.10	4.48	5.71	3,174	32.58	31.33	33.83	6,096	53.88	52.56	55.19	791	6.86	6.17	7.56	196	1.58	1.21	1.95
GENDER																					
Male	4,519	202	5.22	4.27	6.18	1,362	34.59	32.68	36.51	2,554	53.03	51.06	55.00	329	5.90	4.99	6.82	72	1.25	0.90	1.60
Female	6,228	288	4.98	4.19	5.76	1,812	30.71	29.09	32.33	3,542	54.66	52.92	56.41	462	7.75	6.73	8.78	124	1.89	1.26	2.53
RACE																					
White	7,243	251	4.23	3.50	4.96	1,943	30.03	28.55	31.51	4,462	58.10	56.51	59.68	511	6.45	5.63	7.26	76	1.19	0.72	1.66
African American	2,647	188	7.57	6.17	8.97	949	39.07	36.40	41.74	1,211	43.39	40.75	46.02	193	7.16	5.67	8.65	106	2.81	2.02	3.60
Other	609	35	3.83	2.25	5.42	204	32.59	27.64	37.54	303	53.57	48.32	58.82	57	9.06	6.10	12.02	10	0.95	0.20	1.70
HISPANIC																					
Yes	240	8	2.33	0.50	4.15	70	27.36	20.45	34.26	136	59.61	52.07	67.15	25	10.24	5.68	14.80	1	0.47	0.00	1.38
No	10,327	467	5.16	4.52	5.80	3,051	32.83	31.55	34.11	5,879	53.73	52.39	55.07	738	6.64	5.94	7.34	192	1.64	1.25	2.03
AGE																					
18-24	559	21	4.57	2.35	6.79	186	34.52	29.77	39.26	289	48.91	43.94	53.89	57	10.64	7.53	13.76	6	1.36	0.00	2.97
25-34	1,016	42	4.54	2.98	6.10	378	36.99	33.38	40.61	526	50.65	46.90	54.41	59	6.39	4.44	8.33	11	1.43	0.17	2.69
35-44	1,183	61	5.17	3.50	6.83	436	38.00	34.64	41.36	616	50.49	47.04	53.93	48	4.71	2.92	6.50	22	1.64	0.88	2.40
45-54	1,757	139	8.63	6.86	10.39	596	34.92	32.06	37.78	926	51.63	48.71	54.56	70	3.71	2.71	4.71	26	1.11	0.58	1.64
55-64	2,422	133	5.79	4.54	7.03	717	30.65	28.32	32.99	1,361	55.37	52.89	57.86	156	5.96	4.81	7.11	55	2.23	1.47	2.98
65+	3,810	94	2.21	1.65	2.77	861	22.81	21.15	24.47	2,378	63.26	61.35	65.16	401	10.03	8.86	11.21	76	1.69	1.22	2.16
EDUCATION																					
Less Than H.S.	1,186	119	10.21	7.90	12.51	367	33.60	29.74	37.47	534	42.80	38.93	46.68	116	10.11	7.62	12.61	50	3.27	1.73	4.82
H.S. or G.E.D.	3,116	181	6.00	4.90	7.11	977	33.69	31.44	35.93	1,636	50.88	48.53	53.22	234	7.14	5.90	8.38	88	2.29	1.52	3.06
Some Post-H.S.	2,895	122	4.26	3.17	5.35	933	35.16	32.81	37.51	1,613	53.51	51.08	55.95	197	6.24	5.04	7.44	30	0.83	0.36	1.29
College Graduate	3,481	66	1.61	1.01	2.21	878	27.12	25.13	29.11	2,274	65.73	63.62	67.85	236	4.96	4.06	5.86	27	0.58	0.29	0.87
HOUSEHOLD INCOME																					
Less than \$15,000	1,281	142	11.61	9.15	14.08	416	35.03	31.37	38.69	553	41.53	37.81	45.25	118	8.26	6.20	10.32	52	3.57	1.93	5.20
\$15,000- \$24,999	1,802	106	5.36	4.09	6.63	571	33.80	30.69	36.92	928	49.85	46.58	53.13	149	8.04	6.22	9.85	48	2.95	1.46	4.44
\$25,000- \$34,999	1,121	37	3.61	2.18	5.04	356	36.16	32.02	40.29	605	50.59	46.43	54.75	96	8.26	5.73	10.79	27	1.38	0.68	2.09
\$35,000- \$49,999	1,371	42	4.10	2.42	5.78	437	36.09	32.55	39.64	796	54.94	51.31	58.56	81	4.29	3.00	5.57	15	0.58	0.24	0.93
\$50,000+	3,540	79	2.76	1.83	3.69	960	30.40	28.32	32.49	2,284	61.22	59.01	63.43	202	5.25	4.18	6.32	15	0.37	0.15	0.60
REGION																					
Region I	1,417	58	4.24	2.81	5.67	400	31.77	28.49	35.04	847	56.20	52.75	59.64	94	6.49	4.74	8.25	18	1.31	0.22	2.39
Region II	1,332	68	5.05	3.49	6.61	384	31.42	28.08	34.76	749	53.76	50.15	57.38	108	8.08	5.78	10.37	23	1.69	0.84	2.53
Region III	875	39	5.36	3.38	7.35	253	29.09	25.17	33.00	492	55.24	51.03	59.45	68	8.40	6.10	10.69	23	1.91	0.98	2.84
Region IV	1,065	48	5.33	3.49	7.18	358	35.65	31.90	39.39	588	52.95	49.13	56.78	61	5.37	3.62	7.11	10	0.70	0.16	1.24
Region V	843	30	4.22	2.48	5.97	251	34.38	30.22	38.54	505	54.76	50.50	59.02	46	5.36	3.29	7.42	11	1.28	0.39	2.17
Region VI	1,374	45	4.58	2.88	6.27	427	33.63	30.25	37.01	797	54.14	50.53	57.74	85	6.38	4.31	8.44	20	1.28	0.13	2.44
Region VII	1,181	46	5.02	2.72	7.32	350	32.76	29.09	36.43	674	53.59	49.75	57.43	93	6.77	5.00	8.54	18	1.86	0.75	2.97
Region VIII	1,303	58	5.01	3.34	6.68	363	30.61	27.27	33.95	744	54.74	51.20	58.28	111	7.99	6.15	9.83	27	1.65	0.87	2.43
Region IX	1,357	98	7.85	6.00	9.71	388	31.00	27.76	34.25	700	48.56	45.08	52.04	125	8.94	6.72	11.17	46	3.64	2.07	5.20