

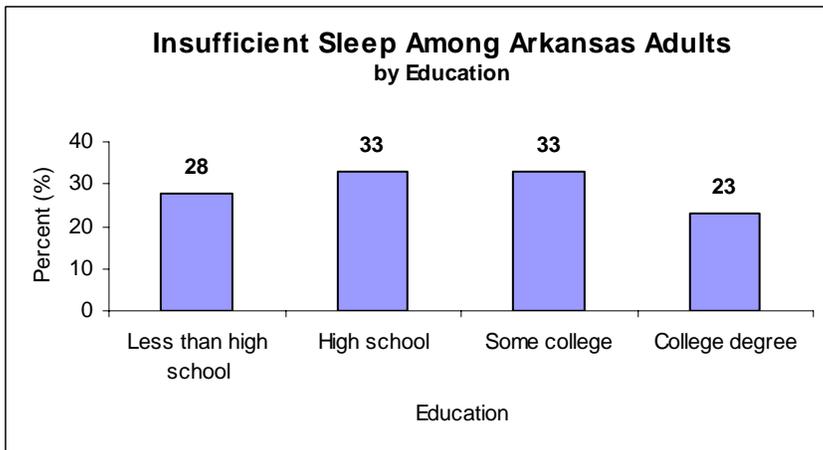


# Insufficient Sleep Among Adults Arkansas, 2008



Sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention. Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health.

According to the National Sleep Foundation, adults need about 7-9 hours of sleep each day. Adults who reported that they did not get enough rest or sleep on 14 or more of the past 30 days are considered to have insufficient sleep. In Arkansas, 30% of adults report getting insufficient sleep. The table and graph on this page show how these estimates vary by age, gender, race, education, and body mass index.



Adults Reporting Insufficient Sleep in Arkansas, 2008	
Percent (95% Confidence Interval)*	
<b>Gender</b>	
Male	<b>29%</b> (25.9, 31.7)
Female	<b>30%</b> (28.2, 32.7)
<b>Race/Ethnicity</b>	
Non-Hispanic White	<b>29%</b> (27.3, 31.3)
Non-Hispanic Black	<b>31%</b> (25.6, 36.9)
Hispanic	<b>29%</b> (20.6, 39.9)
<b>Body Mass Index**</b>	
Normal	<b>28%</b> (24.4, 31.3)
Overweight	<b>28%</b> (24.6, 30.6)
Obese	<b>34%</b> (31.0, 37.5)
<b>Age</b>	
18-24	<b>36%</b> (27.7, 44.9)
25-34	<b>37%</b> (32.3, 42.3)
35-44	<b>35%</b> (31.5, 39.6)
45-54	<b>31%</b> (28.0, 34.9)
55-64	<b>24%</b> (21.8, 27.3)
65+	<b>15%</b> (13.1, 17.0)

Arkansas Behavioral Risk Factor Surveillance System-  
<http://brfss.arkansas.gov>

Arkansas Department of Health-  
<http://www.HealthyArkansas.com>

\*As a general rule, estimates are considered significantly different if the confidence intervals do not overlap.

\*\*Body mass index (BMI) estimates body fat based on weight and height. Adults with a BMI under 25 are considered normal; those with a BMI of 25 or greater, but less than 30 are classified as overweight; and adults with a BMI of 30 or higher are considered obese.