Sleep

Those who did not get enough sleep seven or more days in the past month:

- Thirty-nine percent of Pennsylvania adults responded in 2010 that they did not get enough sleep at least seven days in the past month.
- Pennsylvania adults age 45-64 had a significantly lower percentage (39 percent, CI: 37-41) compared to Pennsylvania adults age 18-29 (47 percent, CI: 42-53).
- Pennsylvania adults age 45-64 had a significantly lower percentage (39 percent, CI: 37-41) compared to Pennsylvania adults age 30-44 (48 percent, CI: 46-51).
- Pennsylvania adults age 65 and older had a significantly lower percentage (20 percent, CI: 19-22) compared to Pennsylvania adults age 18-29 (47 percent, CI: 42-53).
- Pennsylvania adults age 65 and older had a significantly lower percentage (20 percent, CI: 19-22) compared to Pennsylvania adults age 30-44 (48 percent, CI: 46-51).
- Pennsylvania adults age 65 and older had a significantly lower percentage (20 percent, CI: 19-22) compared to Pennsylvania adults age 45-64 (39 percent, CI: 37-41).

Sleep

Figure 3A: Did Not Get Enough Sleep Seven or More Days in Past Month, Pennsylvania Adults, 2008-2010

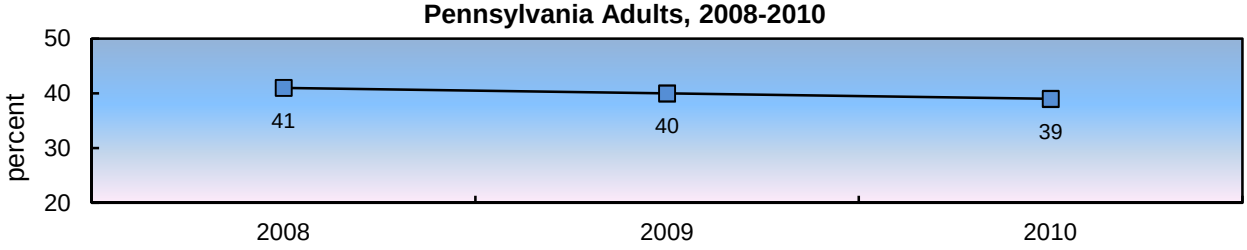

Table 3: Not Enough Sleep 7+ Days* in Past Month, Pennsylvania Adults, 2010 (with 95% confidence intervals)

	%	CI
All Adults	39	38-41
Gender:		
Male	36	34-38
Female	42	40-44
Age:		
18-29	47	42-53
30-44	48	46-51
45-64	39	37-41
65+	20	19-22
Education:		
<High School	37	33-42
High School	37	35-39
Some College	44	41-47
College Degree	39	37-41
Income:		
<$15,000	43	39-48
$15,000 to $24,999	40	37-43
$25,000 to $49,999	37	35-40
$50,000 to $74,999	40	37-43
$75,000+	41	39-44
Race:		
White, non-Hispanic	39	38-41
Black, non-Hispanic	43	38-49
Hispanic	34	24-45

*Excludes missing,don't know, and refused.
Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.
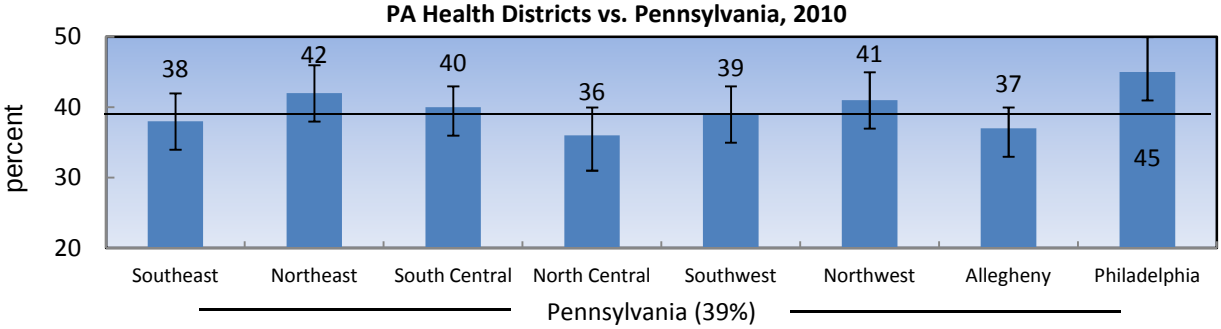
Figure 3B: Did Not Get Enough Sleep Seven or More Days in Past Month, PA Health Districts vs. Pennsylvania, 2010