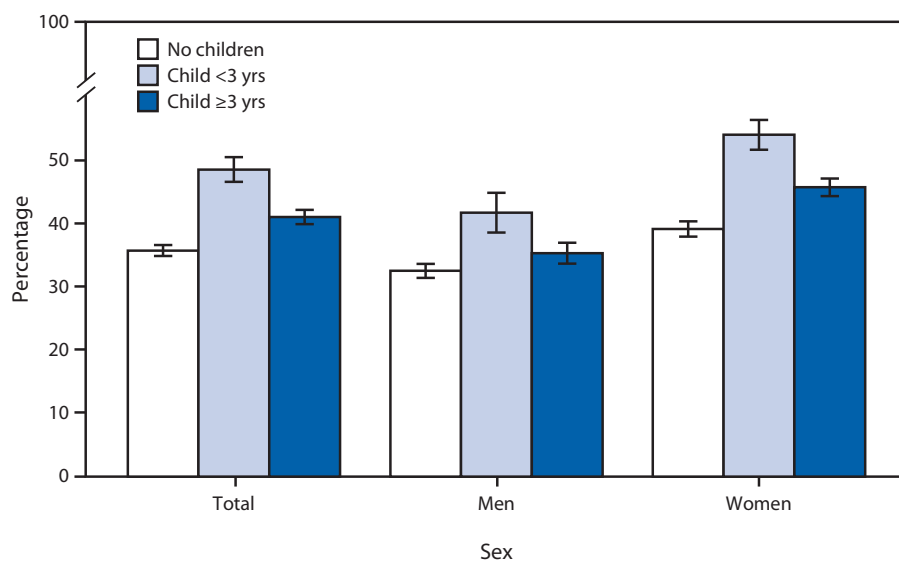


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Adults Aged 18–64 Years Who Did Not Wake Up Feeling Well Rested on ≥ 4 Days in the Past Week,[†] by Parental Status, Sex, and Age of Youngest Child[§] — National Health Interview Survey,[¶] 2013–2014



* With 95% confidence intervals indicated with error bars.

[†] Based on the response of ≤ 3 days to the survey question "In the past week, on how many days did you wake up feeling well rested?"

[§] Based on the age of the youngest child living in the family.

[¶] Estimates are based on household interviews of a sample of the noninstitutionalized U.S. civilian population and are derived from the National Health Interview Survey's sample adult component.

During 2013–2014, the percentage of adults who did not wake up feeling well rested on ≥ 4 days in the past week varied by parental status and the presence of a young child in the family. Adults living with a child aged < 3 years (48%) were most likely to not wake up feeling well rested, followed by adults with children aged ≥ 3 years (41%) and adults with no children (36%). For each category of parental status, women were more likely than men to not wake up feeling rested.

Sources: Nugent CN, Black LI. Sleep duration, quality of sleep, and use of sleep medication, by sex and family type, 2013–2014. NCHS data brief, no. 230. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2016. <http://www.cdc.gov/nchs/data/databriefs/db230.htm>.

National Health Interview Survey, 2013–2014 data. <http://www.cdc.gov/nchs/nhis.htm>.

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