

**2013 SC BRFSS: 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%) |       |     |      |      |      |
| <b>TOTAL</b>            | 10,408            | 469                | 4.78  | 4.19      | 5.36               | 3,154 | 32.70     | 31.38              | 34.01 | 5,839     | 54.06               | 52.68 | 55.45     | 750                 | 6.79 | 6.05      | 7.52  | 196 | 1.68 | 1.32 | 2.04 |
| <b>GENDER</b>           |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| Male                    | 4,260             | 174                | 4.52  | 3.66      | 5.38               | 1,284 | 32.86     | 30.90              | 34.83 | 2,411     | 54.12               | 52.04 | 56.21     | 318                 | 6.77 | 5.63      | 7.91  | 73  | 1.72 | 1.12 | 2.31 |
| Female                  | 6,148             | 295                | 5.01  | 4.21      | 5.82               | 1,870 | 32.54     | 30.78              | 34.29 | 3,428     | 54.01               | 52.16 | 55.85     | 432                 | 6.80 | 5.86      | 7.74  | 123 | 1.64 | 1.22 | 2.07 |
| <b>RACE</b>             |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| White                   | 6,932             | 247                | 4.11  | 3.42      | 4.79               | 1,929 | 29.92     | 28.39              | 31.45 | 4,211     | 58.51               | 56.86 | 60.15     | 482                 | 6.47 | 5.60      | 7.34  | 63  | 0.99 | 0.65 | 1.33 |
| African American        | 2,777             | 168                | 5.96  | 4.67      | 7.25               | 985   | 38.16     | 35.48              | 40.84 | 1,300     | 45.25               | 42.54 | 47.97     | 212                 | 7.27 | 5.90      | 8.65  | 112 | 3.35 | 2.38 | 4.32 |
| Other                   | 472               | 34                 | 5.07  | 2.83      | 7.31               | 172   | 39.57     | 33.40              | 45.75 | 223       | 46.87               | 40.58 | 53.16     | 34                  | 7.63 | 3.68      | 11.57 | 9   | 0.87 | 0.19 | 1.54 |
| <b>HISPANIC</b>         |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| Yes                     | 154               | 6                  | 2.05  | 0.16      | 3.94               | 54    | 35.23     | 25.81              | 44.64 | 81        | 52.29               | 42.34 | 62.25     | 11                  | 9.75 | 2.62      | 16.88 | 2   | 0.68 | 0.00 | 1.69 |
| No                      | 10,085            | 449                | 4.81  | 4.20      | 5.42               | 3,047 | 32.66     | 31.34              | 33.99 | 5,683     | 54.25               | 52.85 | 55.64     | 724                 | 6.66 | 5.94      | 7.37  | 182 | 1.62 | 1.27 | 1.97 |
| <b>AGE</b>              |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| 18-24                   | 535               | 15                 | 3.09  | 1.28      | 4.91               | 187   | 33.32     | 28.72              | 37.93 | 279       | 52.47               | 47.49 | 57.46     | 42                  | 8.94 | 5.75      | 12.13 | 12  | 2.17 | 0.82 | 3.52 |
| 25-34                   | 989               | 43                 | 4.05  | 2.66      | 5.44               | 381   | 40.57     | 36.83              | 44.31 | 509       | 48.65               | 44.90 | 52.40     | 51                  | 6.00 | 3.99      | 8.01  | 5   | 0.74 | 0.00 | 1.52 |
| 35-44                   | 1,199             | 73                 | 6.77  | 4.92      | 8.63               | 427   | 35.41     | 32.01              | 38.81 | 615       | 51.17               | 47.59 | 54.75     | 68                  | 5.47 | 3.86      | 7.09  | 16  | 1.18 | 0.38 | 1.97 |
| 45-54                   | 1,675             | 96                 | 6.01  | 4.57      | 7.45               | 592   | 36.49     | 33.36              | 39.62 | 886       | 51.92               | 48.71 | 55.13     | 70                  | 4.26 | 2.93      | 5.58  | 31  | 1.33 | 0.64 | 2.01 |
| 55-64                   | 2,359             | 131                | 5.55  | 4.19      | 6.91               | 735   | 29.75     | 27.21              | 32.29 | 1,290     | 55.78               | 52.97 | 58.60     | 155                 | 6.58 | 5.19      | 7.96  | 48  | 2.34 | 1.25 | 3.42 |
| 65+                     | 3,651             | 111                | 3.09  | 2.29      | 3.88               | 832   | 22.29     | 20.36              | 24.22 | 2,260     | 62.71               | 60.47 | 64.96     | 364                 | 9.59 | 8.22      | 10.96 | 84  | 2.32 | 1.65 | 2.99 |
| <b>EDUCATION</b>        |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| Less Than H.S.          | 1,162             | 112                | 8.41  | 6.29      | 10.53              | 361   | 33.52     | 29.59              | 37.45 | 523       | 45.39               | 41.32 | 49.45     | 109                 | 8.60 | 6.29      | 10.91 | 57  | 4.09 | 2.50 | 5.68 |
| H.S. or G.E.D.          | 3,121             | 153                | 5.23  | 4.12      | 6.34               | 990   | 32.08     | 29.80              | 34.36 | 1,661     | 53.69               | 51.24 | 56.14     | 239                 | 7.03 | 5.73      | 8.34  | 78  | 1.96 | 1.31 | 2.62 |
| Some Post-H.S.          | 2,718             | 123                | 4.41  | 3.41      | 5.41               | 885   | 35.99     | 33.48              | 38.49 | 1,482     | 52.08               | 49.49 | 54.67     | 191                 | 6.56 | 5.24      | 7.88  | 37  | 0.96 | 0.55 | 1.37 |
| College Graduate        | 3,380             | 81                 | 2.12  | 1.50      | 2.74               | 912   | 28.52     | 26.37              | 30.67 | 2,153     | 63.43               | 61.11 | 65.75     | 211                 | 5.53 | 4.26      | 6.80  | 23  | 0.40 | 0.16 | 0.65 |
| <b>HOUSEHOLD INCOME</b> |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| Less than \$15,000      | 1,269             | 133                | 10.60 | 8.12      | 13.07              | 422   | 33.80     | 30.08              | 37.52 | 548       | 44.21               | 40.26 | 48.16     | 113                 | 7.50 | 5.53      | 9.48  | 53  | 3.89 | 2.32 | 5.47 |
| \$15,000- \$24,999      | 1,834             | 115                | 5.99  | 4.50      | 7.47               | 602   | 34.99     | 31.82              | 38.16 | 927       | 48.67               | 45.37 | 51.97     | 135                 | 7.87 | 5.79      | 9.95  | 55  | 2.49 | 1.56 | 3.41 |
| \$25,000- \$34,999      | 1,140             | 41                 | 3.33  | 1.94      | 4.72               | 361   | 37.93     | 33.84              | 42.02 | 614       | 46.81               | 42.72 | 50.91     | 102                 | 9.94 | 7.08      | 12.79 | 22  | 1.99 | 0.87 | 3.11 |
| \$35,000- \$49,999      | 1,275             | 30                 | 2.53  | 1.44      | 3.62               | 408   | 34.68     | 30.93              | 38.44 | 734       | 56.74               | 52.89 | 60.59     | 92                  | 5.75 | 4.14      | 7.37  | 11  | 0.29 | 0.07 | 0.51 |
| \$50,000+               | 3,424             | 80                 | 2.73  | 1.97      | 3.48               | 952   | 29.71     | 27.52              | 31.90 | 2,194     | 62.37               | 60.06 | 64.68     | 181                 | 4.74 | 3.73      | 5.75  | 17  | 0.46 | 0.13 | 0.79 |
| <b>REGION</b>           |                   |                    |       |           |                    |       |           |                    |       |           |                     |       |           |                     |      |           |       |     |      |      |      |
| Region I                | 1,161             | 49                 | 5.79  | 3.72      | 7.87               | 346   | 29.66     | 25.69              | 33.63 | 649       | 54.20               | 49.80 | 58.59     | 98                  | 9.80 | 6.67      | 12.92 | 19  | 0.55 | 0.20 | 0.90 |
| Region II               | 1,536             | 53                 | 3.64  | 2.35      | 4.92               | 489   | 34.75     | 31.44              | 38.06 | 873       | 53.35               | 49.92 | 56.78     | 96                  | 6.01 | 4.25      | 7.77  | 25  | 2.25 | 1.03 | 3.47 |
| Region III              | 1,555             | 74                 | 4.02  | 2.87      | 5.17               | 500   | 33.32     | 30.24              | 36.41 | 862       | 55.47               | 52.21 | 58.72     | 92                  | 5.94 | 4.32      | 7.57  | 27  | 1.25 | 0.67 | 1.82 |
| Region IV               | 1,338             | 71                 | 6.03  | 4.14      | 7.91               | 422   | 33.32     | 29.93              | 36.71 | 694       | 49.40               | 45.88 | 52.93     | 108                 | 8.14 | 6.24      | 10.04 | 43  | 3.11 | 1.86 | 4.36 |
| Region V                | 1,062             | 50                 | 6.51  | 4.04      | 8.97               | 335   | 35.28     | 30.87              | 39.68 | 573       | 50.18               | 45.72 | 54.64     | 81                  | 6.86 | 4.70      | 9.03  | 23  | 1.17 | 0.30 | 2.05 |
| Region VI               | 1,158             | 62                 | 5.85  | 3.96      | 7.73               | 328   | 31.78     | 28.06              | 35.50 | 669       | 54.62               | 50.69 | 58.55     | 84                  | 6.95 | 4.61      | 9.28  | 15  | 0.80 | 0.31 | 1.30 |
| Region VII              | 1,520             | 78                 | 5.04  | 3.47      | 6.60               | 434   | 29.94     | 26.77              | 33.10 | 863       | 57.46               | 54.06 | 60.85     | 111                 | 5.35 | 3.94      | 6.76  | 34  | 2.21 | 1.19 | 3.24 |
| Region VIII             | 1,078             | 32                 | 3.15  | 1.29      | 5.01               | 300   | 32.62     | 28.20              | 37.04 | 656       | 55.00               | 50.29 | 59.72     | 80                  | 8.38 | 5.49      | 11.26 | 10  | 0.85 | 0.21 | 1.49 |