



Sleep habits of adults in Ohio

Not getting enough sleep has been linked to diabetes, cardiovascular disease, obesity and depression. Insufficient sleep may be present at the beginning of those diseases and can affect their treatment. Sleeping well and long enough is an indicator of good health.

The 2011 **Ohio Health Issues Poll (OHIP)** asked several questions about Ohioans' sleeping habits.

Majority gets enough sleep

According to the National Sleep Foundation, adults should sleep 7 to 9 hours each day. OHIP found that 6 of 10 Ohio adults (61%) slept 7 to 9 hours in a 24-hour period. However, more than one-third of Ohio adults (34%) gets 6 or fewer hours of sleep.

Older people and those with higher incomes more likely to get enough sleep

OHIP found that older people are more likely to get enough sleep. More than three-quarters of people 65 and older (76%) reported getting 7 to 9 hours of sleep. That

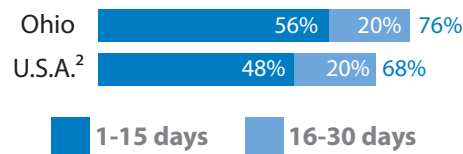
compares with about 3 of 7 people age 18 to 29 (45%).

About two-thirds of people (67%) who live above 200% of the Federal Poverty Guidelines (FPG)¹ reported getting 7 to 9 hours of sleep. That compares with 4 of 10 people who live at 100% or below FPG (43%).

More Ohioans report not getting enough sleep than other U.S. adults

In Ohio, 76% of adults reported feeling they did not get enough rest or sleep in the last month, compared with 68% of adults nationwide².

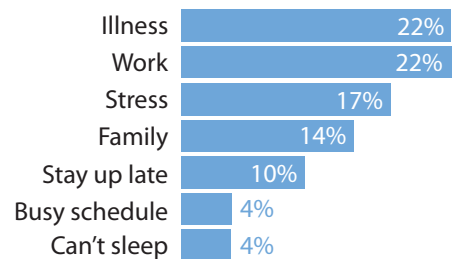
During the last 30 days, for about how many days have you felt you did not get enough sleep?*



¹ 100% of the federal poverty guidelines (FPG) in 2010 was an annual household income of \$22,050 and 200% FPG was \$44,100, both for a family of 4.

² Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data (BRFSS). (2010).

What is the most frequent reason you do not get enough sleep? *



* Asked only of those who said they did not get enough sleep 6 or more days in the last 30 days, 39% of OHIP respondents.

Does not add to 100 percent because responses "don't know" and "other" not included.

Work, illness, stress top reasons for not getting enough sleep

More than 4 of 10 people who did not get enough sleep on six or more days in the last month cited illness (22%) or work (22%) as the reason they didn't get enough sleep, while stress (17%) was cited by about 1 of 6 people.