

## **CDC Issues the First Report on State-Based Prevalence for Healthy Sleep Among U.S. Adults**

The Centers for Disease Control and Prevention has taken an active role in conducting sleep surveillance and public health awareness efforts. One such project is the National Health Sleep Awareness Project with the American Academy of Sleep Medicine (AASM) in partnership with SRS. This project has advanced the knowledge around healthy sleep, including prevalence for those who do not achieve a sufficient amount of sleep and/or suffer from sleep disorders. SRS is proud to share the results of this work through a recently released CDC Morbidity and Mortality Weekly Report on Sleep Prevalence. This is the first published report to document state-based prevalence of healthy sleep duration for all 50 states and the District of Columbia.

Some highlights of the report include:

- More than 1/3 of the American adult population does not get enough sleep on a regular basis, reporting less than 7 hours a night. This suggests an ongoing need for public awareness and public education about sleep health.
- The prevalence of healthy sleep duration varies by geography, race/ethnicity, employment and marital status. Prevalence is lower among non-Hispanic blacks, American Indians/Alaska Natives, Native Hawaiians/Pacific Islanders, and multiracial respondents, compared with non-Hispanic whites, Hispanics, and Asians.
- Insufficient sleep impairs cognitive performance, which can increase the likelihood of motor vehicle and other transportation accidents, loss of work productivity, and medical errors.
- Adults who do not get enough sleep on a regular basis are more likely to suffer from chronic conditions, including obesity, hypertension, diabetes, poor mental health, and injuries. Adults 18-60 years old need seven or more hours of sleep regularly per day for optimal health.

The report ([http://www.cdc.gov/mmwr/volumes/65/wr/mm6506a1.htm?s\\_cid=mm6506a1\\_w](http://www.cdc.gov/mmwr/volumes/65/wr/mm6506a1.htm?s_cid=mm6506a1_w)) is accompanied by an infographic and podcast (<http://www.cdc.gov/mmwr/mmwrpodcasts.html>) which has been designed for wide dissemination.

*Include infographic on the website*

# DID YOU GET ENOUGH SLEEP LAST NIGHT?



35% of U.S. adults are not getting the recommended 7 hours of sleep each night.



**READ WHAT YOU CAN DO  
TO GET MORE SLEEP**  
[www.cdc.gov/sleep/about\\_sleep](http://www.cdc.gov/sleep/about_sleep)

