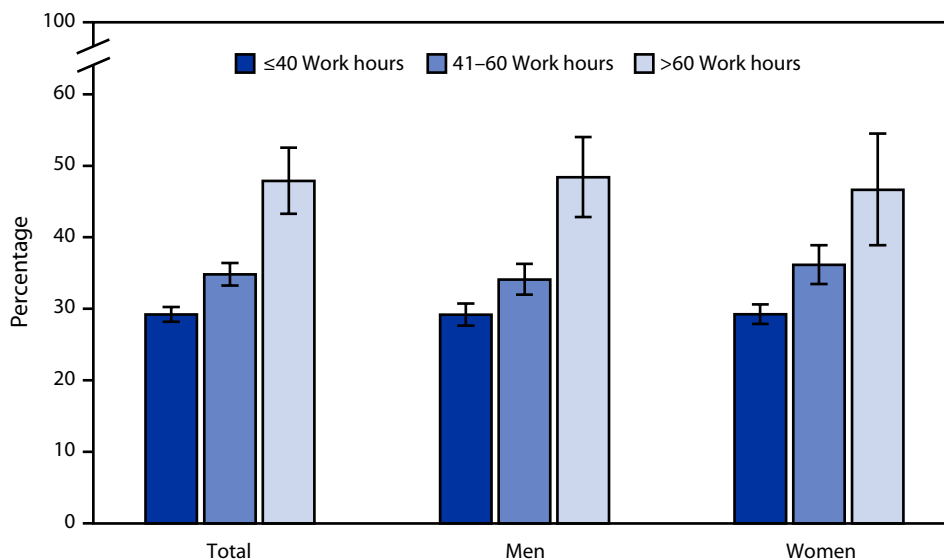


QuickStats

FROM THE NATIONAL CENTER FOR HEALTH STATISTICS

Percentage* of Employed Adults Aged ≥ 18 Years Who Slept < 7 Hours per 24-Hour Period,[†] by Sex and Number of Work Hours per Week[§] — United States, 2022



* Estimates were based on household interviews of a sample of the civilian, noninstitutionalized U.S. population, with 95% CIs indicated by error bars.

[†] Based on a response to the question, "On average, how many hours of sleep do you get in a 24-hour period?"

[§] Based on a response to the question, "How many hours did you work last week at all jobs or businesses?"

In 2022, the percentage of employed adults who slept < 7 hours on average during a 24-hour period increased with the number of hours worked per week, including 29% among those who worked ≤ 40 hours, 35% among those who worked 41–60 hours, and 48% among those who worked > 60 hours per week. The patterns were similar for men and women.

Supplementary Table: <https://stacks.cdc.gov/view/cdc/153722>

Source: National Center for Health Statistics, National Health Interview Survey, 2022. <https://www.cdc.gov/nchs/nhis/index.htm>

Reported by: Imelda Wong, PhD, iwong@cdc.gov; Abay Asfaw, PhD; Roger Rosa, PhD.

For more information on this topic, CDC recommends the following link: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html