

4.5 Sleep

The Centers for Disease Control and Prevention (CDC) have stated that sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention in the public health community and should be thought of as a “vital sign” of good health.¹

More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. The CDC states that adults need on average, seven to nine hours of sleep a day.²

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health. Notably, insufficient sleep is associated with the onset of these diseases and also poses important implications for their management and outcome. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related crashes, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated.³

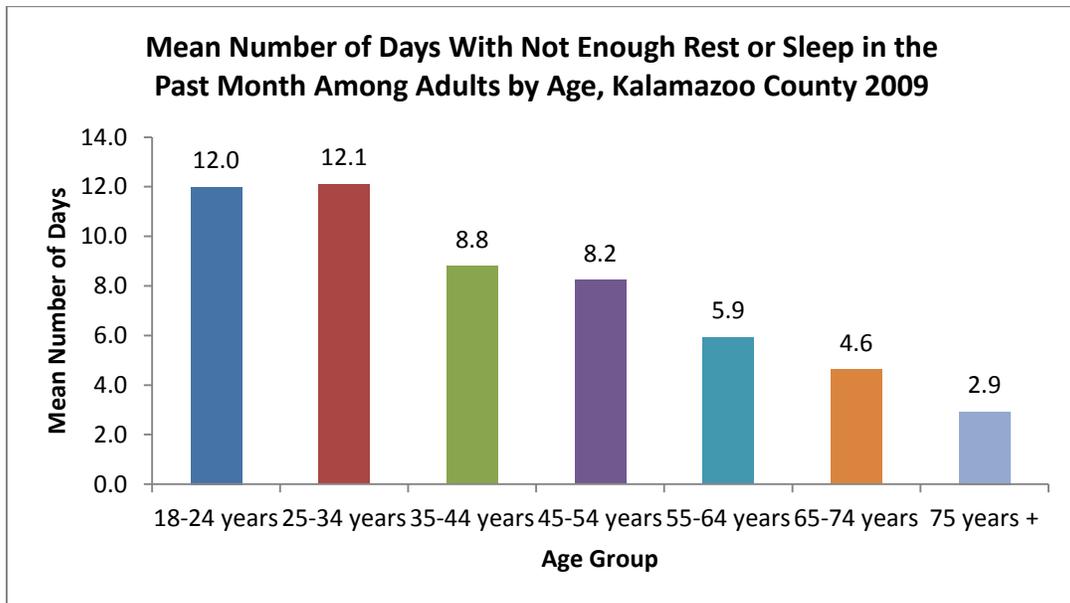
¹ Sleep and Sleep Disorders, 2012, Centers for Disease Control and Prevention, accessed on the web at http://www.cdc.gov/sleep/about_sleep/index.htm.

² Sleep and Sleep Disorders, 2012, Centers for Disease Control and Prevention, accessed on the web at http://www.cdc.gov/sleep/about_sleep/index.htm.

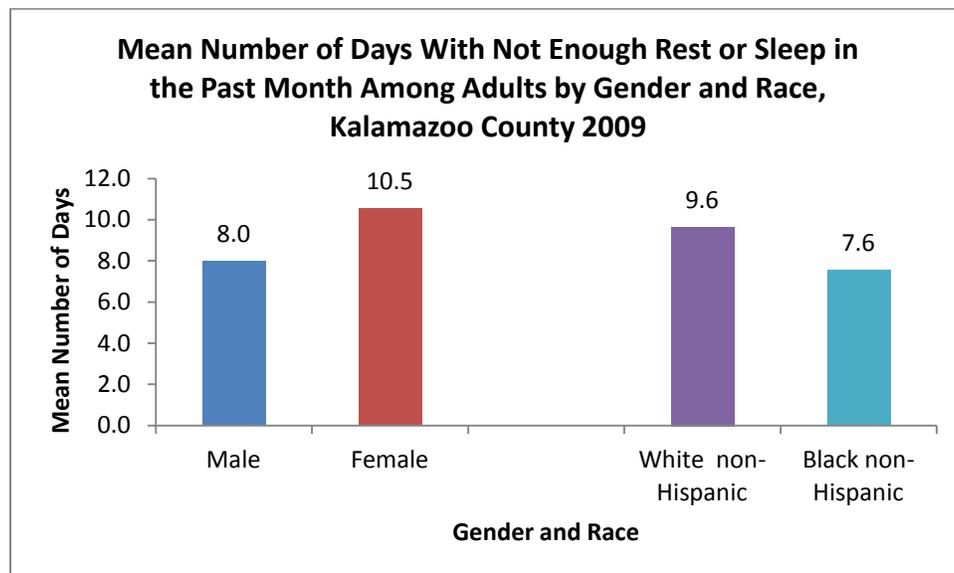
³ Sleep and Sleep Disorders, 2012, Centers for Disease Control and Prevention, accessed on the web at http://www.cdc.gov/sleep/about_sleep/index.htm.

Among adults in Kalamazoo County in 2009, 29.8% reported that they experienced poor rest or sleep on 14 or more days in the past month. On average, adults reported that they got poor rest or sleep on 9.4 days in the past month.

The mean number of days with not enough rest or sleep did not vary by income or location within the county. However, younger adults reported more days of inadequate sleep in the past month than older adults. Females reported more days of insufficient sleep in the past 30 days than males and white adults reported more days of poor sleep than black adults in the past month.

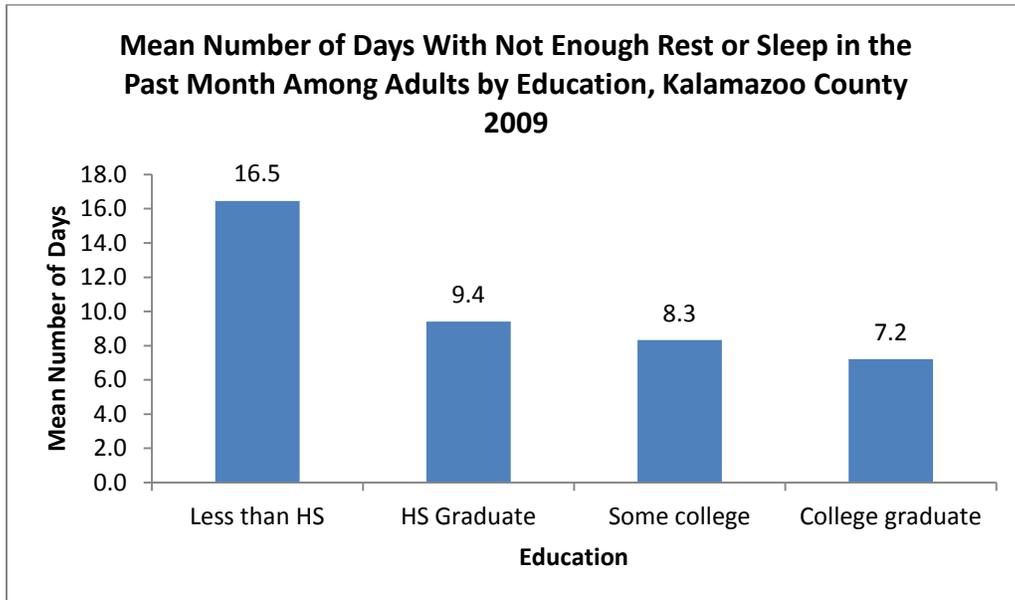


Source: Kalamazoo County 2009 Behavioral Risk Factor Survey



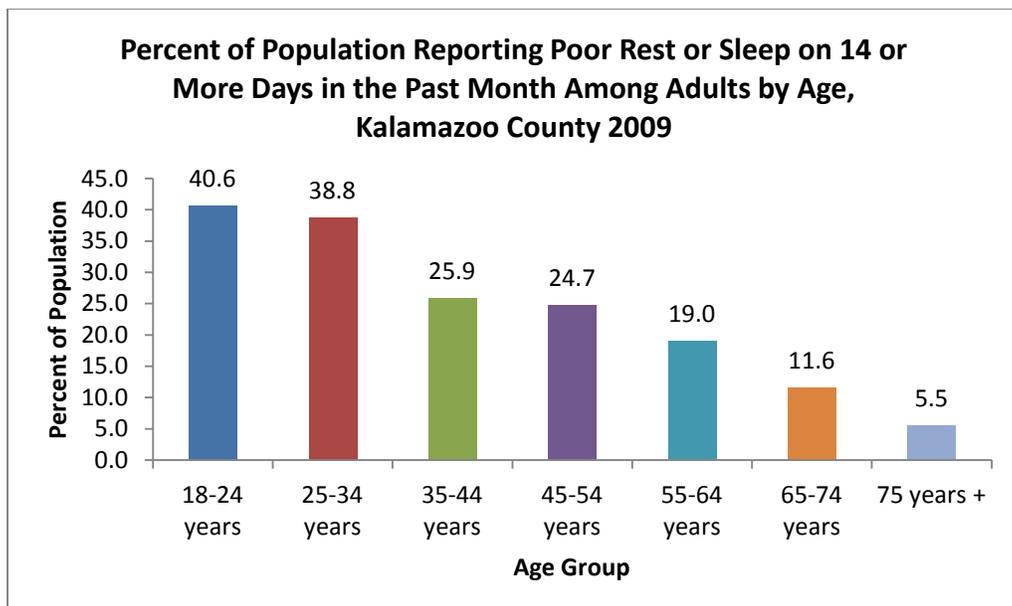
Source: Kalamazoo County 2009 Behavioral Risk Factor Survey

Adults with less education reported more days in the past month where they did not get enough rest or sleep as compared to adults with more education.

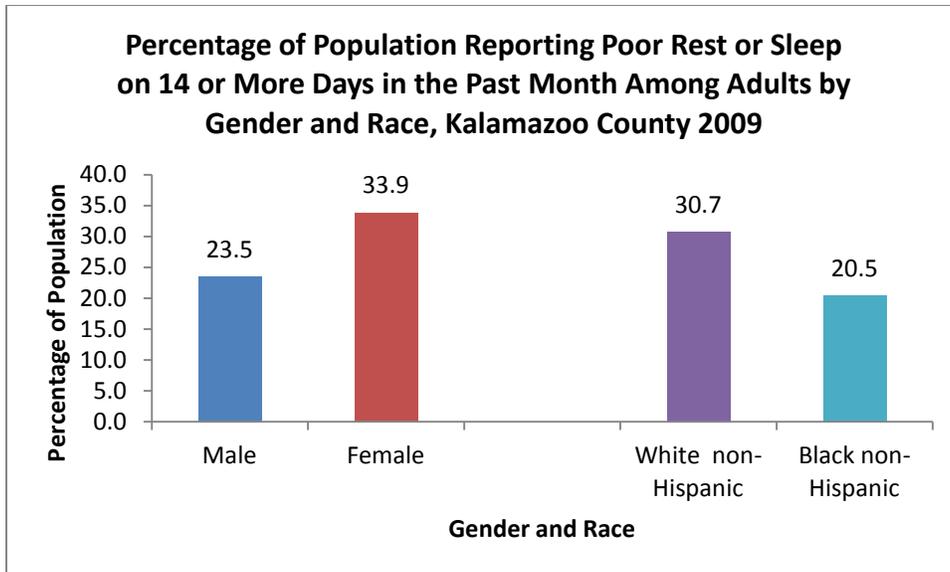


Source: Kalamazoo County 2009 Behavioral Risk Factor Survey

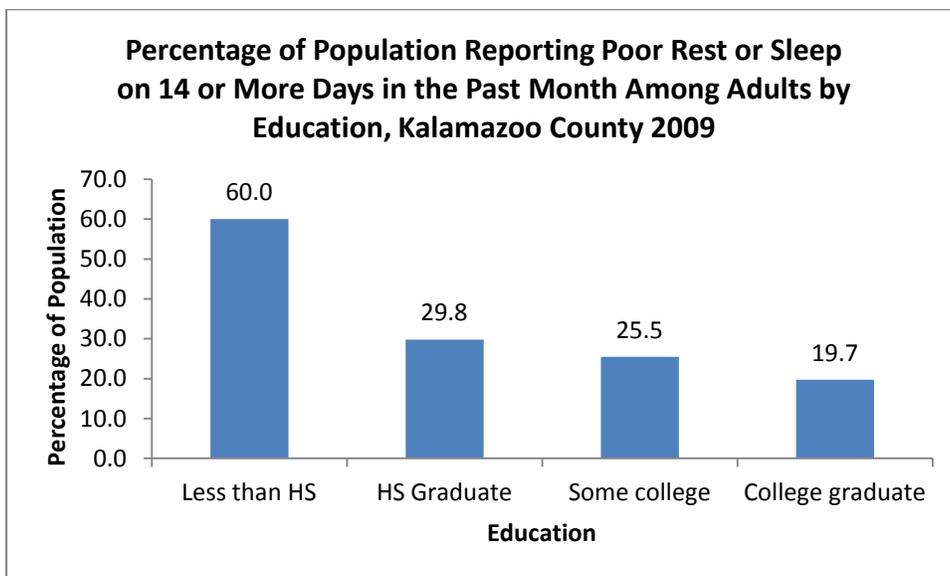
Younger adults, females, white adults, and adults with little education were the most likely to report that they experienced poor rest or sleep on 14 or more days in the past month in Kalamazoo County.



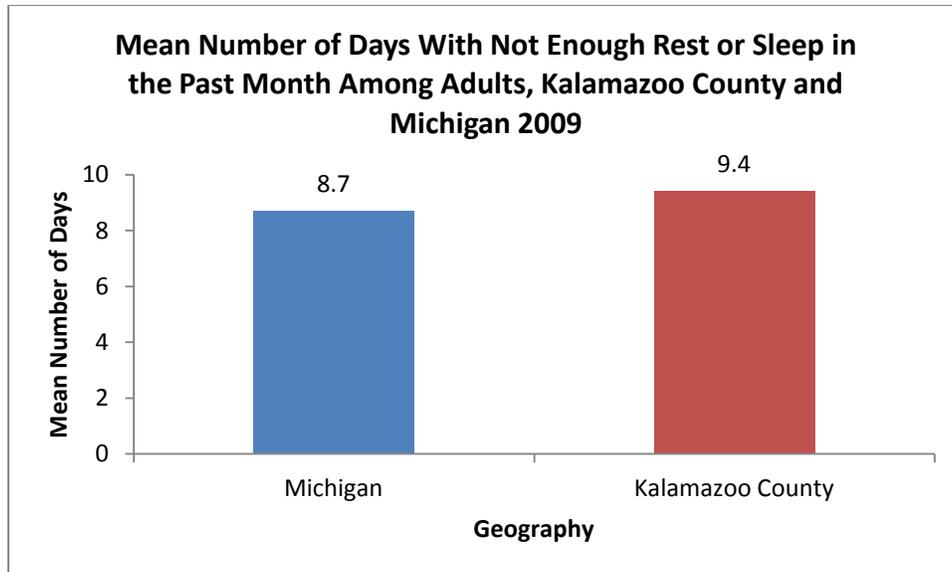
Source: Kalamazoo County 2009 Behavioral Risk Factor Survey



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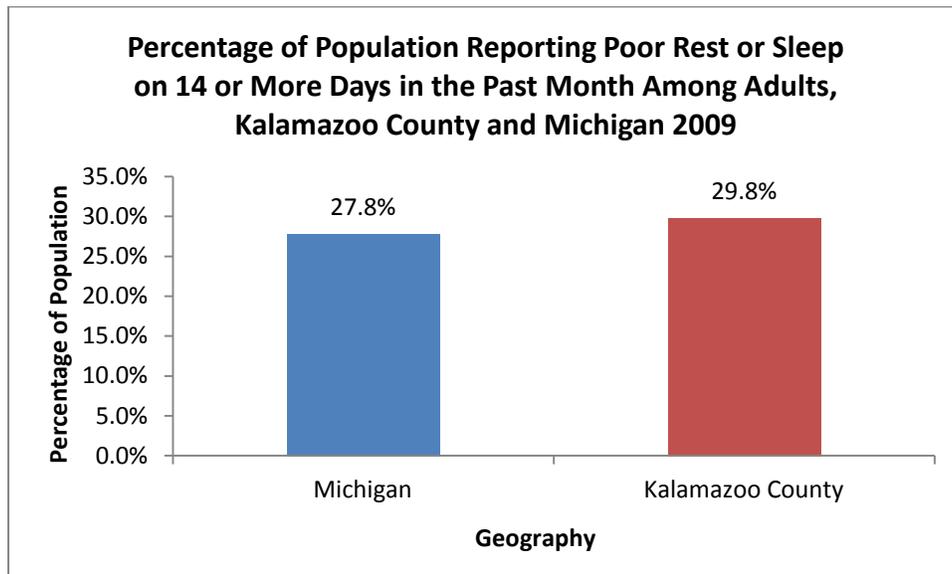


Source: Kalamazoo County 2009 Behavioral Risk Factor Survey



Sources: Kalamazoo County Behavioral Risk Factor Survey 2009, Michigan 2009 Behavioral Risk Factor Survey

Kalamazoo County and Michigan displayed similar average number of days of inadequate sleep among adults, as well as a similar proportion of the population who reported poor rest or sleep on 14 or more days in the past month.



Sources: Kalamazoo County Behavioral Risk Factor Survey 2009, Michigan 2009 Behavioral Risk Factor Survey

Inadequate Sleep Among Adults, Kalamazoo County 2009

Demographic Characteristic	Days With Not Enough Rest or Sleep ^a		Poor Rest or Sleep ^b	
	#	95% C.I.	%	95% C.I.
Total	9.4	(7.2 - 11.7)	29.8	(21.7 - 39.4)
Age				
18-24 years	12.0	(5.1 - 18.9)	40.6	(18.6 - 67.2)
25-34 years	12.1	(9.4 - 14.8)	38.8	(24.9 - 54.7)
35-44 years	8.8	(6.9 - 10.6)	25.9	(17.6 - 36.3)
45-54 years	8.2	(6.3 - 10.2)	24.7	(17.3 - 33.9)
55-64 years	5.9	(4.2 - 7.6)	19.0	(12.7 - 27.5)
65-74 years	4.6	(2.7 - 6.5)	11.6	(6.3 - 20.5)
75 years +	2.9	(1.9 - 3.9)	5.5	(2.8 - 10.7)
Gender				
Male	8.0	(6.0 - 9.9)	23.5	(15.9 - 33.2)
Female	10.5	(6.9 - 14.2)	33.9	(21.5 - 48.9)
Race				
White non-Hispanic	9.6	(7.0 - 12.2)	30.7	(21.5 - 41.7)
Black non-Hispanic	7.6	(5.5 - 9.7)	20.5	(10.1 - 37.2)
Education				
Less than HS	16.5	(6.7 - 26.2)	60.0	(28.0 - 85.2)
HS Graduate	9.4	(7.0 - 11.7)	29.8	(20.4 - 41.2)
Some college	8.3	(6.1 - 10.6)	25.5	(15.8 - 38.4)
College graduate	7.2	(6.0 - 8.4)	19.7	(13.6 - 27.6)
Income				
Less than \$20,000	10.4	(7.7 - 13.0)	32.7	(19.6 - 49.3)
\$20-34,999	8.8	(6.7 - 10.9)	33.6	(20.3 - 50.1)
\$35-49,999	9.6	(4.9 - 14.2)	32.8	(15.7 - 56.0)
\$50-74,999	10.4	(7.7 - 13.1)	38.9	(23.4 - 57.0)
\$75,000+	10.8	(4.9 - 16.7)	31.6	(14.4 - 56.0)
City/Out-County				
City of Kalamazoo	9.1	(7.0 - 11.3)	26.4	(17.6 - 37.5)
Rest of County	9.6	(5.8 - 13.4)	31.0	(18.6 - 46.9)
Within City of Kalamazoo				
White in City	10.1	(6.9 - 13.2)	28.8	(17.2 - 44.1)
Black in City	7.2	(5.1 - 9.2)	21.9	(10.3 - 40.7)

^a Among all adults, the mean number of days during the past 30 days in which the respondent did not get enough rest or sleep

^b Among all adults, the proportion who reported 14 or more days of poor rest or sleep, during the past 30 days.

Source: Kalamazoo County 2009 Behavioral Risk Factor Survey