


Average Sleep Duration (hrs) by Demographics (Race/Ethnicity, Education, Income, Age, and Gender) Virginia, 2013

Virginia BRFSS Online Reporting  System		On average, how many hours of sleep do you get in a 24-hour period?							
		<7 Hours				7+ Hours			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	2992	2372195	37.5	36.1 -38.9	5331	3955472	62.5	61.1 -63.9
Race/Ethnicity	White/Non-Hispanic	2078	1395138	33.9	32.4 -35.4	4138	2719485	66.1	64.6 -67.6
	Black/Non-Hispanic	549	554138	48.3	44.4 -52.2	656	592390	51.7	47.8 -55.6
	Hispanic	108	158480	33.0	26.8 -39.2	218	321777	67.0	60.8 -73.2
	Other	202	226709	46.6	39.8 -53.4	226	259377	53.4	46.6 -60.2
Education	< H.S.	305	324134	40.2	35.5 -45.0	424	481656	59.8	55.0 -64.5
	H.S. or G.E.D.	867	683492	41.8	39.0 -44.6	1279	952987	58.2	55.4 -61.0
	Some College	814	737061	39.8	37.0 -42.7	1260	1114328	60.2	57.3 -63.0
	College Graduate	984	610538	30.9	28.8 -33.0	2316	1362651	69.1	67.0 -71.2
Income	\$15,000 or less	337	257150	49.5	44.6 -54.3	388	262788	50.5	45.7 -55.4
	\$15,000 to less than \$25,000	478	374169	40.6	36.8 -44.4	716	547282	59.4	55.6 -63.2
	\$25,000 to less than \$35,000	295	218835	39.2	34.7 -43.8	497	338889	60.8	56.2 -65.3
	\$35,000 to less than \$50,000	369	292957	38.4	34.3 -42.5	647	469567	61.6	57.5 -65.7
	\$50,000 or more	1165	973630	35.3	33.1 -37.5	2365	1783591	64.7	62.5 -66.9
Age	Age 18 to 24	161	287046	34.2	29.1 -39.4	307	551306	65.8	60.6 -70.9
	Age 25 to 34	363	408106	37.1	33.6 -40.7	598	690707	62.9	59.3 -66.4
	Age 35 to 44	476	469021	43.8	40.1 -47.4	640	602440	56.2	52.6 -59.9
	Age 45 to 54	643	519918	44.0	40.8 -47.1	885	662644	56.0	52.9 -59.2
	Age 55 to 64	701	388973	37.0	34.1 -39.9	1165	662274	63.0	60.1 -65.9
	Age 65 or older	648	299132	27.6	25.2 -29.9	1736	786101	72.4	70.1 -74.8
Gender	Female	1758	1187615	36.6	34.7 -38.4	3113	2057929	63.4	61.6 -65.3
	Male	1234	1184581	38.4	36.2 -40.6	2218	1897543	61.6	59.4 -63.8

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. Weighted counts and weighted percents are weighted to population characteristics.
2. "- -" replaces estimates when the unweighted sample size for the denominator was < 20 or the CI half width was > 10 for any cell.
3. Responses of don't know/not sure, refused, or missing were removed from the numerator and denominator in all estimates.
4. *** Use caution in interpreting sample sizes less than 50.
5. CI= 95% confidence interval.