



Average Sleep Duration (hrs) at the State, Health Region, and Health District Levels, 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
Central	*Region Total	606	410562	37.8	34.8 -40.9	1060	674890	62.2	59.1 -65.2
	Chesterfield	90	89156	30.8	24.6 -37.1	218	199929	69.2	62.9 -75.4
	Chickahominy	71	43282	39.4	31.0 -47.8	123	66573	60.6	52.2 -69.0
	Crater	97	56756	49.9	41.4 -58.4	125	56896	50.1	41.6 -58.6
	Henrico	116	93719	39.3	32.6 -46.1	190	144518	60.7	53.9 -67.4
	Piedmont	80	39869	35.0	27.7 -42.4	147	73890	65.0	57.6 -72.3
	Richmond City	81	53178	39.4	30.3 -48.4	150	81962	60.6	51.6 -69.7
	Southside	71	34602	40.4	30.5 -50.3	107	51120	59.6	49.7 -69.5
Eastern	*Region Total	715	550007	38.5	35.5 -41.5	1311	877445	61.5	58.5 -64.5
	Chesapeake	102	69969	41.0	32.2 -49.7	154	100726	59.0	50.3 -67.8
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	---	---	---	---	---	---	---	---
	Norfolk City	71	42466	30.2	21.5 -38.9	171	98171	69.8	61.1 -78.5
	Peninsula	112	107397	38.2	31.4 -45.0	181	173532	61.8	55.0 -68.6
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	80	63277	42.4	34.0 -50.8	142	85966	57.6	49.2 -66.0
	Virginia Beach	102	120398	37.3	30.1 -44.4	190	202655	62.7	55.6 -69.9
	Western Tidewater	80	46993	39.4	30.2 -48.7	138	72169	60.6	51.3 -69.8
Northern	*Region Total	418	497096	32.3	28.8 -35.7	961	1044004	67.7	64.3 -71.2
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	65	38097	25.9	17.5 -34.3	154	109186	74.1	65.7 -82.5
	Fairfax	149	245585	31.8	26.4 -37.2	349	527156	68.2	62.8 -73.6
	Loudoun	75	80719	35.7	27.6 -43.8	165	145274	64.3	56.2 -72.4
	Prince William	83	108470	35.0	27.6 -42.5	161	201190	65.0	57.5 -72.4

(Continued)

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.

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*Virginia	*State Total	2992	2372195	37.5	36.1 -38.9	5331	3955472	62.5	61.1 -63.9
Northwestern	*Region Total	495	415564	40.0	36.7 -43.3	801	623364	60.0	56.7 -63.3
	Central Shenandoah	115	86742	38.2	31.9 -44.6	184	140147	61.8	55.4 -68.1
	Lord Fairfax	103	84579	41.6	34.2 -48.9	145	118778	58.4	51.1 -65.8
	Rappahannock	101	110251	45.6	38.1 -53.1	155	131527	54.4	46.9 -61.9
	Rappahannock/Rapidan	92	63994	40.9	32.7 -49.2	142	92396	59.1	50.8 -67.3
	Thomas Jefferson	84	69999	33.3	26.0 -40.5	175	140515	66.7	59.5 -74.0
Southwestern	*Region Total	758	498967	40.4	37.6 -43.2	1198	735769	59.6	56.8 -62.4
	Alleghany	112	61030	36.0	29.3 -42.6	196	108723	64.0	57.4 -70.7
	Central Virginia	97	82777	37.9	30.6 -45.2	165	135609	62.1	54.8 -69.4
	Cumberland Plateau	80	47838	48.5	40.4 -56.6	105	50715	51.5	43.4 -59.6
	Lenowisco	81	39985	44.2	35.3 -53.2	108	50440	55.8	46.8 -64.7
	Mount Rogers	84	72428	40.5	32.0 -49.0	130	106388	59.5	51.0 -68.0
	New River	105	70436	44.1	36.3 -51.8	149	89425	55.9	48.2 -63.7
	Pittsylvania/Danville	75	44386	39.4	31.8 -47.0	135	68226	60.6	53.0 -68.2
	Roanoke City	---	---	---	---	---	---	---	---
West Piedmont	64	45243	35.7	26.9 -44.4	109	81611	64.3	55.6 -73.1	

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