


Average Sleep Duration (hrs) by Demographics (Race/Ethnicity, Education, Income, Age, and Gender) Virginia, 2014

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	3149	2304352	35.9	34.5 -37.2	6184	4120155	64.1	62.8 -65.5
Race/Ethnicity	White/Non-Hispanic	2172	1377973	33.3	31.9 -34.8	4776	2754633	66.7	65.2 -68.1
	Black/Non-Hispanic	626	510899	44.0	40.5 -47.5	830	649729	56.0	52.5 -59.5
	Hispanic	118	177215	35.2	28.9 -41.5	204	325855	64.8	58.5 -71.1
	Other	163	185495	36.5	31.0 -42.1	265	322047	63.5	57.9 -69.0
Education	< H.S.	290	315372	38.7	33.7 -43.7	445	498779	61.3	56.3 -66.3
	H.S. or G.E.D.	878	626712	37.8	35.2 -40.4	1513	1031726	62.2	59.6 -64.8
	Some College	898	739001	39.3	36.7 -41.9	1456	1141712	60.7	58.1 -63.3
	College Graduate	1057	608774	29.8	27.9 -31.7	2740	1432740	70.2	68.3 -72.1
Income	\$15,000 or less	283	199172	42.2	37.2 -47.2	385	272785	57.8	52.8 -62.8
	\$15,000 to less than \$25,000	525	373993	42.4	38.6 -46.2	739	507776	57.6	53.8 -61.4
	\$25,000 to less than \$35,000	259	200760	35.0	30.4 -39.5	543	373436	65.0	60.5 -69.6
	\$35,000 to less than \$50,000	360	246486	34.0	30.2 -37.8	724	478881	66.0	62.2 -69.8
	\$50,000 or more	1312	992214	34.2	32.2 -36.1	2921	1913034	65.8	63.9 -67.8
Age	Age 18 to 24	151	293251	35.0	30.1 -40.0	267	543725	65.0	60.0 -69.9
	Age 25 to 34	387	453550	40.2	36.5 -43.9	546	673783	59.8	56.1 -63.5
	Age 35 to 44	454	408244	37.9	34.5 -41.3	758	669200	62.1	58.7 -65.5
	Age 45 to 54	707	485955	41.2	38.3 -44.1	1067	693518	58.8	55.9 -61.7
	Age 55 to 64	759	382137	36.0	33.4 -38.6	1436	679071	64.0	61.4 -66.6
	Age 65 or older	691	281214	24.6	22.6 -26.7	2110	860860	75.4	73.3 -77.4
Gender	Female	1836	1132160	34.4	32.6 -36.1	3546	2163128	65.6	63.9 -67.4
	Male	1313	1172191	37.5	35.4 -39.5	2638	1957027	62.5	60.5 -64.6

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2014. 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.