



Average Sleep Duration (hrs) at the State, Health Region, and Health District Levels, 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
Central	*Region Total	578	362545	33.6	30.6 -36.5	1235	716793	66.4	63.5 -69.4
	Chesterfield	93	80707	30.0	23.8 -36.1	231	188603	70.0	63.9 -76.2
	Chickahominy	54	33535	28.6	20.3 -36.9	172	83672	71.4	63.1 -79.7
	Crater	100	55176	41.7	33.2 -50.1	160	77233	58.3	49.9 -66.8
	Henrico	103	81615	30.8	24.8 -36.9	239	183166	69.2	63.1 -75.2
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	84	51113	34.9	27.1 -42.7	160	95210	65.1	57.3 -72.9
	Southside	71	24519	39.2	30.1 -48.3	135	38058	60.8	51.7 -69.9
Eastern	*Region Total	769	567551	37.9	35.0 -40.7	1500	931744	62.1	59.3 -65.0
	Chesapeake	99	59980	35.7	28.3 -43.2	191	107899	64.3	56.8 -71.7
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	98	62912	48.1	38.9 -57.2	118	67991	51.9	42.8 -61.1
	Norfolk City	96	66254	37.1	28.6 -45.6	192	112367	62.9	54.4 -71.4
	Peninsula	107	102224	37.6	31.1 -44.2	198	169498	62.4	55.8 -68.9
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	80	56863	36.9	29.0 -44.8	183	97258	63.1	55.2 -71.0
	Virginia Beach	103	134663	37.0	30.3 -43.7	207	229114	63.0	56.3 -69.7
	Western Tidewater	88	44424	40.0	31.8 -48.2	157	66594	60.0	51.8 -68.2
Northern	*Region Total	471	480531	32.2	29.0 -35.3	1071	1013006	67.8	64.7 -71.0
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	64	41206	30.2	20.9 -39.4	172	95377	69.8	60.6 -79.1
	Fairfax	169	227576	32.6	27.8 -37.5	364	469514	67.4	62.5 -72.2
	Loudoun	74	62965	26.1	19.6 -32.6	200	178573	73.9	67.4 -80.4
	Prince William	101	112361	34.6	27.4 -41.9	199	212209	65.4	58.1 -72.6

(Continued)

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.

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*Virginia	*State Total	3149	2304352	35.9	34.5 -37.2	6184	4120155	64.1	62.8 -65.5
Northwestern	*Region Total	507	418282	37.8	34.6 -40.9	968	689377	62.2	59.1 -65.4
	Central Shenandoah	116	87920	35.2	29.0 -41.3	225	161891	64.8	58.7 -71.0
	Lord Fairfax	106	83231	39.2	32.2 -46.2	181	129148	60.8	53.8 -67.8
	Rappahannock	110	123737	38.6	31.7 -45.5	207	196936	61.4	54.5 -68.3
	Rappahannock/Rapidan	96	65043	41.1	34.0 -48.2	166	93265	58.9	51.8 -66.0
	Thomas Jefferson	79	58350	35.0	28.2 -41.9	189	108138	65.0	58.1 -71.8
Southwestern	*Region Total	824	475443	38.2	35.5 -40.9	1410	769235	61.8	59.1 -64.5
	Alleghany	108	64854	33.0	26.1 -39.9	230	131789	67.0	60.1 -73.9
	Central Virginia	86	57466	31.2	24.3 -38.1	189	126688	68.8	61.9 -75.7
	Cumberland Plateau	104	52147	48.9	40.2 -57.7	125	54432	51.1	42.3 -59.8
	Lenowisco	98	41420	45.2	36.5 -53.9	117	50212	54.8	46.1 -63.5
	Mount Rogers	101	81343	37.5	30.5 -44.5	176	135653	62.5	55.5 -69.5
	New River	110	60781	43.8	35.9 -51.7	170	77974	56.2	48.3 -64.1
	Pittsylvania/Danville	82	40784	39.8	30.2 -49.4	149	61769	60.2	50.6 -69.8
	Roanoke City	---	---	---	---	---	---	---	---
West Piedmont	75	38563	33.1	25.3 -41.0	137	77794	66.9	59.0 -74.7	

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