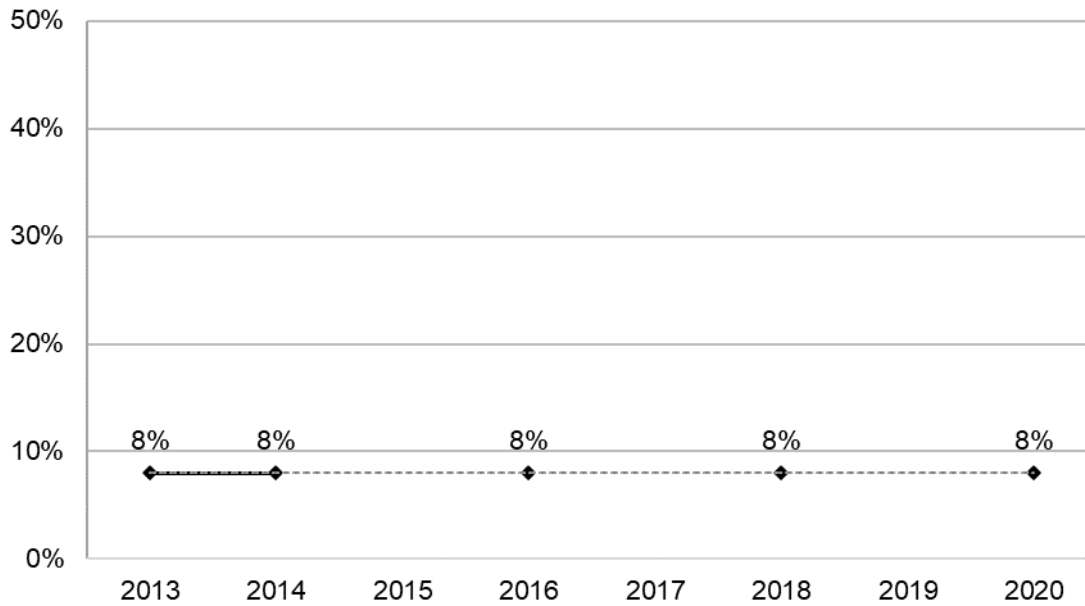

Sleep

Definition: South Dakotans who said that they got less than six hours of sleep in an average 24-hour period.

Prevalence of Inadequate Sleep

- South Dakota 8%
- There is no nationwide median for sleep

Figure 77
Percentage of South Dakotans Who Get Less Than Six Hours of Sleep in an Average 24-Hour Period, 2013-2020



Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2013-2020

Table 57
South Dakotans Who Get Less Than Six Hours of Sleep in a 24-Hour Period, 2016-2020

		2016-2020	95% Confidence Interval	
			Low	High
Gender	Male	9%	7.3%	9.9%
	Female	8%	6.9%	9.0%
Age	18-29	10%	7.5%	12.2%
	30-39	10%	7.9%	13.5%
	40-49	7%	5.6%	9.3%
	50-59	9%	7.5%	11.0%
	60-69	7%	5.6%	8.5%
	70-79	5%	4.1%	7.0%
	80+	5%	3.2%	6.7%
Race/Ethnicity	White, Non-Hispanic	8%	7.2%	9.0%
	American Indian, Non-Hispanic	9%	6.7%	11.1%
	American Indian/White, Non-Hispanic	8%	4.2%	15.3%
	Hispanic	13%	6.5%	22.9%
Household Income	Less than \$35,000	12%	10.6%	14.5%
	\$35,000-\$74,999	8%	6.0%	9.6%
	\$75,000+	5%	3.7%	5.7%
Education	Less than High School, G.E.D.	14%	9.7%	19.0%
	High School, G.E.D.	9%	7.5%	10.5%
	Some Post-High School	8%	7.0%	9.7%
	College Graduate	5%	4.3%	6.6%
Employment Status	Employed for Wages	8%	7.2%	9.8%
	Self-employed	7%	5.1%	10.1%
	Unemployed	15%	9.3%	22.6%
	Homemaker	7%	4.2%	12.3%
	Student	5%	3.1%	8.7%
	Retired	5%	3.7%	5.5%
	Unable to Work	24%	19.1%	29.0%
Marital Status	Married/Unmarried Couple	6%	5.6%	7.3%
	Divorced/Separated	13%	10.4%	15.5%
	Widowed	10%	7.2%	13.1%
	Never Married	10%	7.6%	12.5%
Home Ownership Status	Own Home	7%	6.0%	7.8%
	Rent Home	12%	9.7%	13.8%
Children Status	Children in Household (Ages 18-44)	9%	7.4%	11.0%
	No Children in Household (Ages 18-44)	10%	7.5%	13.1%
Phone Status	Landline	6%	5.2%	7.3%
	Cell Phone	9%	8.0%	10.2%
Pregnancy Status	Pregnant (Ages 18-44)	*	*	*
	Not Pregnant (Ages 18-44)	9%	7.0%	11.2%
County	Minnehaha	7%	5.6%	9.2%
	Pennington	8%	6.1%	9.9%
	Lincoln	3%	1.9%	4.3%
	Brown	10%	7.4%	12.2%
	Brookings	7%	4.3%	10.1%
	Codington	9%	6.8%	12.9%
	Meade	9%	6.3%	13.6%
	Lawrence	10%	6.9%	13.9%

Note: *Results based on sample sizes less than 100 have been suppressed.

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2016-2020

Demographics

Gender	Lack of sleep does not seem to differ based on gender.
Age	Lack of sleep generally decreases as age increases.
Race/Ethnicity	Lack of sleep does not seem to differ based on race/ethnicity.
Household Income	The prevalence of lack of sleep decreases as household income increases. This includes significant decreases when the \$35,000-\$74,999 and \$75,000+ household income levels are reached.
Education	The prevalence of lack of sleep decreases as education increases. This includes a significant decrease as the college graduate level is reached.
Employment	Those who are unemployed or unable to work demonstrate a very high prevalence of lack of sleep, while those who are self-employed, a homemaker, a student, or retired show a very low prevalence.
Marital Status	Those who are divorced or have never been married exhibit a very high prevalence of lack of sleep, while those who are married show a very low prevalence.
Home Ownership	Those who rent their home show a significantly higher prevalence of lack of sleep than those who own their home.
Children Status	The prevalence of lack of sleep among adults does not seem to differ based on the presence of children in the household.
Phone Status	Those who primarily use a cell phone show a significantly higher prevalence of lack of sleep than those who primarily use a landline phone.
County	Minnehaha, Pennington, Brown, Codington, Meade, and Lawrence counties demonstrate a very high prevalence for lack of sleep, while Lincoln county shows a very low prevalence.