

Sleep Habits among Vermont Residents – Data Brief

Vermont Behavioral Risk Factor Survey

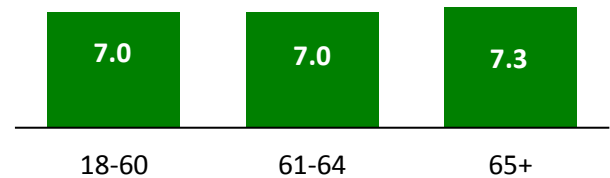
Background

The amount of sleep a person gets can affect their health¹. Inadequate sleep is associated with an increased risk of certain chronic diseases² as well as risk behaviors³. Getting adequate amounts of sleep is an important part of a healthy lifestyle. In 2016, 61% Vermont adults reported getting less than eight hours of sleep in an average 24-hour period. This is statistically lower than the 66% among the U.S. adult population.

Demographics

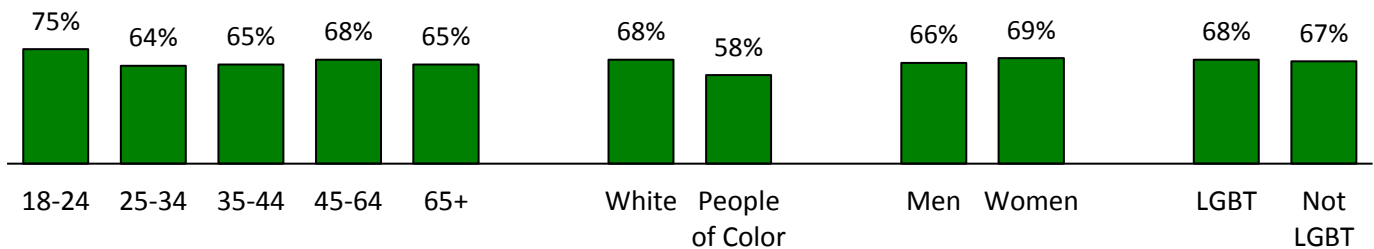
According to the CDC, adults need varying hours sleep. Adults 18-60 require at least 7 hours, adults 61-64 require 7-9 hours and adults 65 and older require 7-8 hours of sleep in a 24-hour period to have sufficient sleep⁴. In 2016, all age groups in Vermont got at least the minimum recommended hours of sleep, on average. This is statistically similar to the U.S.

Average hours of sleep in a 24 hour period, by age group, 2016



Vermont adults 18-24 are most likely to get sufficient sleep, with three-quarters getting at least 7 hours on average. Those age 25-34 are the least likely to get sufficient amounts of sleep, with 64% meeting the standard. Two-thirds of White adults get sufficient sleep, statistically higher than the 58% among people of color. Similar proportions of men and women in Vermont get sufficient sleep (66 vs. 69%), as do LGBT and non-LGBT adults (68% vs. 67%, respectively).

Vermont Adults getting sufficient sleep, by demographics, 2014 & 2016



Vermont adults with children in their household are statistically less likely to report getting sufficient sleep compared to Vermont adults without any children in their household (64% vs 68%). Conversely, pregnant women are slightly more likely to get sufficient sleep compared to women of childbearing age who are not pregnant (71% v 69%), this difference, however, is not statistically significant.

¹ Centers for Disease Control and Prevention, Basics about sleep: https://www.cdc.gov/sleep/about_sleep/index.html

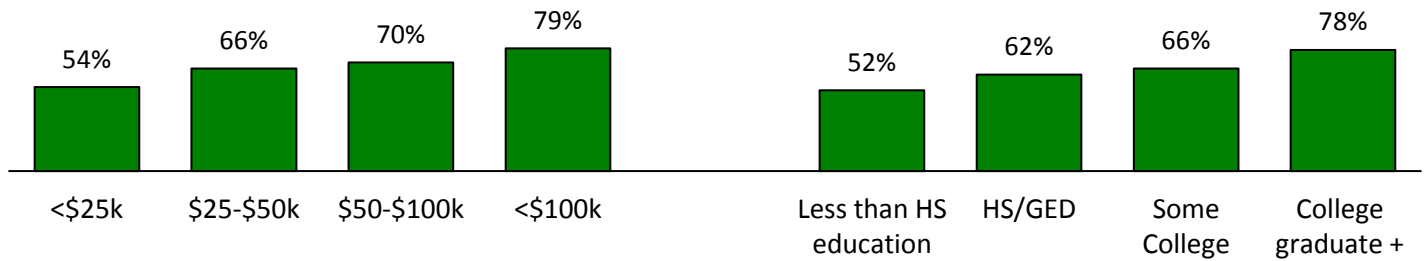
² Institute of Medicine. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. Washington, DC: The National Academies Press; 2006

³ Liu Y, Croft JB, Wheaton AG, et al. Clustering of five health-related behaviors for chronic disease prevention among adults, United States, 2013. *Prev Chronic Dis* 2016;13:160054.

⁴ Sufficient sleep is defined as at least 7 hours for those 18-60, 7-9 hours for those 61-64, 7-8 hours of sleep for those 65+ in a 24-hour period.

As education and household income levels increase, so does the likelihood of a person getting sufficient sleep. All differences by education and income are statistically significant difference.

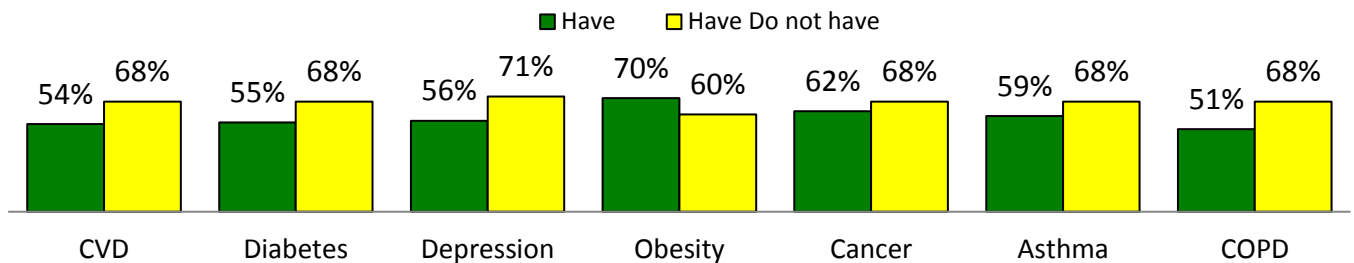
Percentage of Vermont Adults getting sufficient sleep, by education and income, 2014 & 2016



Chronic disease

Nearly six in ten (58%) Vermont adults are overweight or obese, and more than one in five (22%) have a depressive disorder. One in ten or fewer Vermont adults have cardiovascular disease, diabetes, cancer, asthma, or COPD. Those Vermonters with a chronic condition are statistically less likely to report sufficient sleep, compared to those without the chronic disease, the exception being obesity. Due to how BRFSS data is collected it is not possible to determine whether any health condition or risk factor leads to insufficient sleep or vice versa; we can only say that the two are correlated.

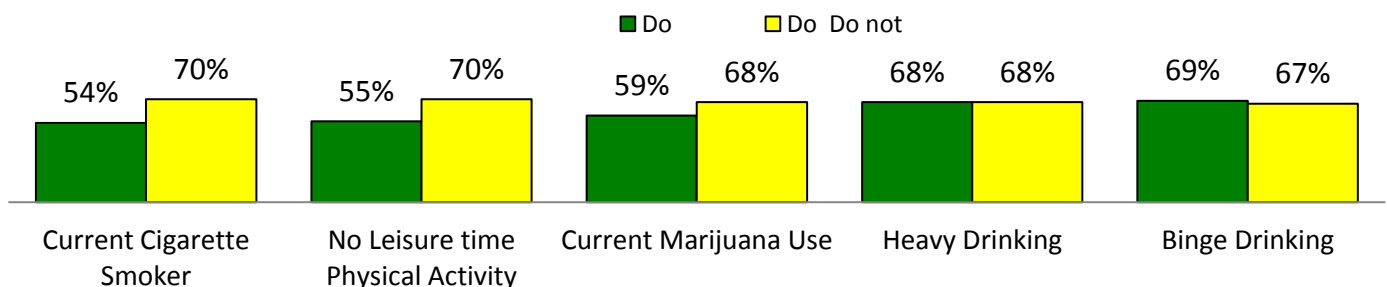
Vermont Adults getting sufficient sleep, by chronic disease 2014 & 2016



Risk Behaviors

An estimated two in ten Vermont adults currently smoke cigarettes and do not participate in any leisure time physical activity. Twelve percent currently use marijuana⁵. One in ten (9%) are heavy drinkers⁶ and 18% are considered binge drinkers⁷. Adults who smoke cigarettes, do not participate in physical activity, and currently use marijuana are less like than those who without the behavior to report sufficient sleep. There are no statistical differences in amounts of sleep for those who drink heavily or binge drink and those who do not.

Vermont Adults getting sufficient sleep, by risk behaviors 2014 & 2016



For more information on the BRFSS contact Leslie Barnard, M.P.H. (leslie.barnard@vermont.gov).

⁵ Current marijuana use is based on data from 2016 only

⁶ Heavy drinking is considered more than 14 drinks/week for men and more than 7 drinks per week for women

⁷ Binge Drinking is considered 4+ drinks on one occasion for men and 3+ for women