

**Kaiser Permanente Northern California**  
**Member Health Surveys Project Brief Report:**  
**KPNC Members and Sleep, 2008**

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May is National Sleep Month. Here are some statistics about the sleep patterns of KPNC adult members aged 25-79, based on results of the 2008 KPNC Adult Member Health Survey conducted by the Division of Research<sup>1</sup>. For the statistics discussed below, “adult” refers to ages 25-79, “young adult” to ages 25-44, “middle-aged” to ages 45-64, and “senior” to ages 65-79.

- Approximately 11% (10.8%) of adults had frequent problems with sleep. The percentages reporting sleep problems significantly increased with age and within age group were significantly higher among women than men. (Table 1)
- Slightly over 10% of adults reported using prescription or over-the-counter sleep medications during the previous 12 months. While usage didn’t differ significantly by age, across all age groups, women were significantly more likely to report using sleep aids than were men. (Table 1)
- Less than half (42%) of adult aged 25-79 usually get at least 8 hours of sleep per day, and approximately ¼ (27%) adults get less than 7 hours of sleep per day. (Table 1)
- Middle-aged adults are significantly less likely than younger and senior adults to get at least 8 hours of sleep per day (37.6% vs. 42.7% and 53.5%, respectively). Middle-aged adults are also significantly more likely than younger and senior adults to get less than 7 hours of sleep per day (30.8% vs. 25.9% and 21.3%, respectively). (Table 1)
- Approximately 70% of adults make an effort to get enough sleep to feel well rested. However, young adult and middle-aged men are significantly less likely than young and middle aged women and seniors to try to get enough sleep (65% vs. approximately 74% of women aged 25-64 and 75% of seniors). (Table 1)
- Among adults who usually try to get enough sleep, approximately ¾ (78%) usually get at least 7 hours of sleep per day. However, among those who don’t make sleep a priority, only 60% usually get at least 7 hours of sleep per day, and 11% sleep less than 6 hours per day – twice as many as those who try to get enough sleep. There were no significant age or gender differences in these patterns. (Table 2)
- Several of these sleep characteristics differed by race-ethnicity, although age and gender influence these differences (Table 3). For example, overall and across most age-gender groups, Blacks and Filipinos are significantly less likely than White nonHispanics to get at least 7 hours of sleep per day; however, comparing Latinos, this characteristic only significantly differs for Latina women. Among young and middle-aged women, White nonHispanics are significantly more like than Blacks, Latinas, and Filipinas to get at least 7 hours of sleep per day, significantly less likely to get less than 6 hours of sleep, and significantly more likely to try to get enough sleep.

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<sup>1</sup> The KPNC Adult Member Health Surveys Project is funded by the Community Benefit Program of Kaiser Permanente in Northern California.

**Table 1. Characteristics of Sleep by Age and Gender**

|   | <b>All<br/>25-79</b> | <b>Women<br/>25-44</b> | <b>Men<br/>25-44</b> | <b>Women<br/>45-64</b> | <b>Men<br/>45-64</b> | <b>Women<br/>65-79</b> | <b>Men<br/>65-79</b> |
|---|----------------------|------------------------|----------------------|------------------------|----------------------|------------------------|----------------------|
|   | %                    | %                      | %                    | %                      | %                    | %                      | %                    |
| Frequent problems with sleep                          | <b>10.8</b>          | 8.3                    | 6.1                  | 14.9                   | 10.6                 | 17.4                   | 13.7                 |
| Used Rx or OTC sleep medicine in past 12 mos          | <b>11.5</b>          | 12.4                   | 7.7                  | 15.4                   | 9.8                  | 14.8                   | 8.5                  |
| Usually tries to get enough sleep to feel well rested | <b>70.7</b>          | 73.5                   | 67.2                 | 73.9                   | 63.6                 | 77.9                   | 74.8                 |
|   |                      |                        |                      |                        |                      |                        |                      |
| Usual amount of sleep                                 |                      |                        |                      |                        |                      |                        |                      |
| Less than 6 hrs                                       | <b>6.8</b>           | 6.4                    | 6.5                  | 7.8                    | 7.1                  | 6.8                    | 4.6                  |
| Less than 7 hrs                                       | <b>27.4</b>          | 24.2                   | 27.7                 | 30.7                   | 31.0                 | 23.0                   | 19.3                 |
| At least 7 hrs  | <b>72.6</b>          | 75.8                   | 72.3                 | 69.3                   | 69.0                 | 77.0                   | 80.6                 |
| At least 8 hrs  | <b>42.0</b>          | 45.2                   | 40.0                 | 39.8                   | 35.1                 | 50.6                   | 57.0                 |

**Table 2. Usual Amount of Sleep by Whether Person Tries to Get Enough Sleep**

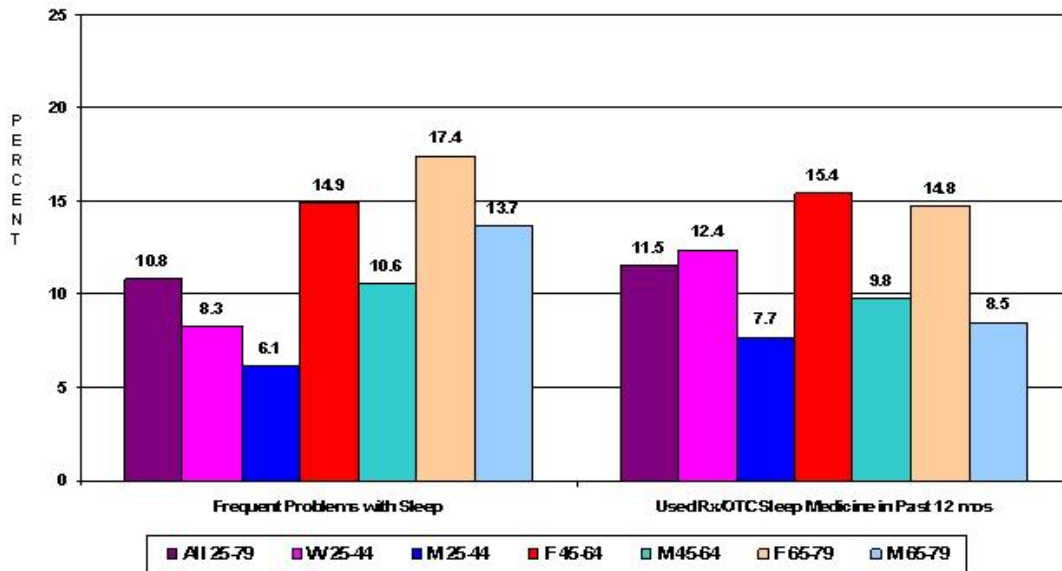
| <b>Usual Amount of Sleep<br/>by Whether Tries to Get<br/>Enough Sleep</b> | <b>All<br/>25-79</b> | <b>Women<br/>25-44</b> | <b>Men<br/>25-44</b> | <b>Women<br/>45-64</b> | <b>Men<br/>45-64</b> | <b>Women<br/>65-79</b> | <b>Men<br/>65-79</b> |
|---|----------------------|------------------------|----------------------|------------------------|----------------------|------------------------|----------------------|
|   | %                    | %                      | %                    | %                      | %                    | %                      | %                    |
| Less than 6 hrs   |                      |                        |                      |                        |                      |                        |                      |
| Tries to get enough   | <b>5.0</b>           | 4.5                    | 5.0                  | 6.2                    | 5.1                  | 4.8                    | 3.5                  |
| Doesn't Try   | <b>11.1</b>          | 11.9                   | 9.6                  | 12.3                   | 10.7                 | 13.6                   | 8.0                  |
|   |                      |                        |                      |                        |                      |                        |                      |
| At least 7 hrs  |                      |                        |                      |                        |                      |                        |                      |
| Tries to get enough   | <b>80.0</b>          | 80.1                   | 77.0                 | 75.1                   | 76.2                 | 80.9                   | 84.1                 |
| Doesn't try   | <b>59.7</b>          | 63.6                   | 62.5                 | 52.7                   | 56.4                 | 63.1                   | 70.7                 |

**Table 3. Comparison of Sleep Characteristics of Different Race-Ethnic Groups**

|   | <b>All<br/>25-79</b> | <b>Women<br/>25-44</b> | <b>Men<br/>25-44</b> | <b>Women<br/>45-64</b> | <b>Men<br/>45-64</b> | <b>Women<br/>65-79</b> | <b>Men<br/>65-79</b> |
|---|----------------------|------------------------|----------------------|------------------------|----------------------|------------------------|----------------------|
|   | %                    | %                      | %                    | %                      | %                    | %                      | %                    |
| <b>Usual Amount of Sleep</b>                            |                      |                        |                      |                        |                      |                        |                      |
| <b>At least 7 hrs/day</b>                               |                      |                        |                      |                        |                      |                        |                      |
| White nonHispanic                                       | <b>76.7</b>          | 80.7                   | 75.1                 | 74.9                   | 72.3                 | 80.6                   | 83.1                 |
| Black   | <b>58.1*</b>         | 60.9*                  | 64.7                 | 52.1*                  | 49.6*                | 66.5*                  | 69.0*                |
| Latino  | <b>69.5*</b>         | 72.2*                  | 68.3                 | 63.6*                  | 69.6                 | 72.9*                  | 80.4                 |
| Filipino  | <b>56.4*</b>         | 61.8*                  | 64.3*                | 39.9*                  | 52.9*                | 61.4*                  | 67.9*                |
| Chinese   | <b>72.1</b>          | 80.0                   | 69.3                 | 67.7                   | 72.8                 | 61.6*                  | 71.6*                |
|   |                      |                        |                      |                        |                      |                        |                      |
| <b>Less than 6 hrs/day</b>                              |                      |                        |                      |                        |                      |                        |                      |
| White nonHispanic                                       | <b>5.2</b>           | 5.1                    | 5.5                  | 5.2                    | 5.8                  | 4.8                    | 3.6                  |
| Black   | <b>11.3*</b>         | 8.9*                   | 9.7                  | 15.7*                  | 9.8                  | 12.5*                  | 10.6*                |
| Latino  | <b>7.7*</b>          | 8.1*                   | 8.1                  | 10.5*                  | 4.3                  | 8.4                    | 4.1                  |
| Filipino  | <b>14.9*</b>         | 11.6*                  | 8.1                  | 23.8*                  | 18.6*                | 17.4*                  | 11.0*                |
| Chinese   | <b>7.9*</b>          | 5.6                    | 7.5                  | 7.5                    | 9.4                  | 18.9*                  | 10.4*                |
|   |                      |                        |                      |                        |                      |                        |                      |
| <b>Tries to get enough sleep</b>                        |                      |                        |                      |                        |                      |                        |                      |
| White nonHispanic                                       | <b>74.0</b>          | 78.9                   | 70.5                 | 77.6                   | 65.4                 | 80.2                   | 76.1                 |
| Black   | <b>66.4*</b>         | 67.7*                  | 62.2                 | 64.9*                  | 67.0                 | 68.6*                  | 74.7                 |
| Latino  | <b>67.3*</b>         | 68.7*                  | 68.9                 | 68.6*                  | 58.9                 | 69.8*                  | 73.1                 |
| Filipino  | <b>67.1*</b>         | 69.8*                  | 59.5*                | 68.7*                  | 68.5                 | 76.7                   | 69.6                 |
| Chinese   | <b>61.6*</b>         | 68.7*                  | 58.4*                | 64.0*                  | 47.8*                | 64.1*                  | 71.4                 |
|   |                      |                        |                      |                        |                      |                        |                      |
| <b>Frequent sleep problems</b>                          |                      |                        |                      |                        |                      |                        |                      |
| White nonHispanic                                       | <b>11.8</b>          | 8.9                    | 6.4                  | 15.6                   | 11.3                 | 17.6                   | 13.9                 |
| Black   | <b>12.1</b>          | 10.8                   | 8.7                  | 16.6                   | 8.7                  | 18.8                   | 9.6                  |
| Latino  | <b>10.5</b>          | 7.8                    | 8.2                  | 14.3                   | 11.6                 | 20.3                   | 17.1                 |
| Filipino  | <b>7.4*</b>          | 4.2*                   | 6.4                  | 11.2                   | 6.4                  | 14.6                   | 10.7                 |
| Chinese   | <b>6.7*</b>          | 8.4                    | 0.8*                 | 9.0*                   | 7.0                  | 13.2                   | 13.1                 |
|   |                      |                        |                      |                        |                      |                        |                      |
| <b>Used Rx or OTC sleep<br/>medicine in past 12 mos</b> |                      |                        |                      |                        |                      |                        |                      |
| White nonHispanic                                       | <b>14.0</b>          | 15.6                   | 10.0                 | 18.6                   | 11.5                 | 16.3                   | 9.6                  |
| Black   | <b>9.4*</b>          | 12.8                   | 6.4                  | 10.5*                  | 5.9                  | 13.4                   | 4.7                  |
| Latino  | <b>8.7*</b>          | 11.4                   | 6.7                  | 9.6*                   | 6.2*                 | 12.6                   | 6.0                  |
| Filipino  | <b>6.3*</b>          | 6.9*                   | 6.9                  | 8.4*                   | 2.7*                 | 8.4                    | 2.7*                 |
| Chinese   | <b>5.6*</b>          | 4.4*                   | 3.4*                 | 8.0*                   | 6.8                  | 7.6                    | 7.0                  |

\* Statistically significant using a logistic regression model that predicts likelihood of someone of the race/ethnic group having this characteristic compared with a White nonHispanic of the same gender and age group.

Percentages of KPNC Adults Aged 25-79 with Sleep-Related Problems, 2008



Sleep Practices of KPNC Adult Members Aged 25-79, 2008

