

# National Sleep Foundation



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## Objectives

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The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey among adults 55 to 84 years of age living in the United States – the 2003 *Sleep in America* poll.

The primary objective of this poll was to describe the relationships between sleep, common medical conditions and other aspects of health and lifestyle. The following information was obtained about the 55 and older age group:

- Sleep behaviors and sleep problems;
- Diagnosis and treatment of sleep disorders;
- Frequency and impact of daytime sleepiness and drowsy driving; and
- The association between sleep and medical/physical conditions, as well as mood, outlook and lifestyle factors.

What follows are the results of the 2003 *Sleep in America* poll.

## Methodology

In order to collect the information, telephone interviews were conducted between September 17 and December 10, 2002 among a random sample of 1,506 older adults. The interview averaged 20 minutes in length. In order to qualify for this study, participants had to be:

- Community-dwelling residents (those not residing in institutions);
- Between the age of 55 and 84; and
- Living within the continental United States.

A random sample of telephone numbers was purchased and quotas were established by region and age, based on current U.S. Census household data. These respondents were screened to verify they were between the ages of 55 and 84. More women than men were interviewed due to the larger population of women in the specified age group within the United States. Approximately 80% of the interviewing was conducted on weekdays between 5:00 p.m. and 8:00 p.m., Saturdays between 10:00 AM and 4:00 PM, and Sundays between 4:00 PM and 8:00 PM by professional interviewers calling from WB&A's interviewing facility located near Annapolis, Maryland.

In research, the entire population is typically not interviewed, but rather a sample of that population is surveyed, and therefore the data are subject to sampling error. The maximum sampling error of the data for the total sample of 1,506 interviews is  $\pm 2.5$  percentage points at the 95% confidence level.\* However, the sampling error will vary depending on the sample size and the percentages being examined in the sample. Sampling errors are shown below for various percentages and sample sizes.

	50%	40% or 60%	30% or 70%	20% or 80%	10% or 90%	1% or 99%
If the percentage found is around: Then, the sampling error, in percentage points would be:						
2002 18 – 54 year-olds (n = 701)	$\pm 3.7$	$\pm 3.6$	$\pm 3.4$	$\pm 3.0$	$\pm 2.2$	$\pm 0.7$
2003 Total sample 55 – 84 year-olds (n = 1,506)	$\pm 2.5$	$\pm 2.5$	$\pm 2.3$	$\pm 2.0$	$\pm 1.5$	$\pm 0.5$
55 – 64 year-olds (n = 631)	$\pm 3.9$	$\pm 3.8$	$\pm 3.6$	$\pm 3.1$	$\pm 2.3$	$\pm 0.8$
65 – 74 year-olds (n = 547)	$\pm 4.2$	$\pm 4.1$	$\pm 3.8$	$\pm 3.4$	$\pm 2.5$	$\pm 0.8$
75 – 84 year-olds (n = 302)	$\pm 5.6$	$\pm 5.5$	$\pm 5.2$	$\pm 4.5$	$\pm 3.4$	$\pm 1.1$
65 – 84 year-olds (n = 849)	$\pm 3.4$	$\pm 3.3$	$\pm 3.1$	$\pm 2.7$	$\pm 2.0$	$\pm 0.7$

\*For example, if a question asked among the total sample for the 2003 NSF poll yielded a percentage of 20%, then we can be sure 95 out of 100 times that the true percentage would lie between 18.0% and 22.0% (20%  $\pm 2.0$  percentage points).

## Methodology (cont'd)

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In some sections of this report, adults 55 to 84 years of age were compared to younger adults 18 to 54 years of age interviewed for the 2002 *Sleep in America* poll. The two major age groups are referenced in this report as the following:

The 2003 National Sleep Foundation poll respondents:

- 55-84 year-olds are referenced as **older adults**; and

The 2002 National Sleep Foundation poll respondents:

- 18-54 years-olds are referenced as **younger adults**.

When reading the charts in this report, note that some charts may not equal 100% due to rounding and/or the exclusion of those who answered don't know or refused to answer the question.

## **Executive Summary**

## Executive Summary – Sleep Behavior

The 2003 *Sleep in America* poll indicates that older adults (55-84 year-olds) are more consistent in their sleep durations from weeknights to weekends than are younger adults (18-54 year olds, from the 2002 *Sleep in America* poll). On weeknights, older adults average 7.0 hours of sleep, and on weekends they average 7.1 hours. In comparison, younger adults average 6.7 hours of sleep on weeknights, and increase to 7.6 hours on weekends.

- A majority of older adults (62%) sleep seven or more hours on weeknights, and 69% obtain this amount on weekend nights.
- However, 13% of older adults sleep less than six hours on weeknights, and 11% obtain this amount of sleep during weekends.
- A slightly higher proportion of 65-84 year-olds get nine or more hours of sleep (8%), compared to 55-64 year-olds (5%).

Percent Reporting the Number of Hours Slept on Weeknights (past two weeks)							Percent Reporting the Number of Hours Slept on Weekends (past two weeks)						
	Age				Gender			Age				Gender	
	18-54*	55-84	55-64	65-84	Older Men	Older Women		18-54*	55-84	55-64	65-84	Older Men	Older Women
n=	(701)	(1,506)	(631)	(849)	(634)	(872)	n=	(701)	(1,506)	(631)	(849)	(634)	(872)
Less than 6 hours	16%	13%	14%	12%	11%	14%	Less than 6 hours	10%	11%	11%	10%	10%	11%
6 to 6.9 hours	25	21	24	20	23	20	6 to 6.9 hours	12	17	16	17	19	15
7 to 7.9 hours	30	28	30	25	30	26	7 to 7.9 hours	22	28	30	26	29	28
8 to 8.9 hours	21	28	25	29	26	28	8 to 8.9 hours	33	32	32	32	31	33
9 or more hours	6	7	5	8	7	7	9 or more hours	22	9	9	9	9	8
Mean (# of hours)	6.7	7.0	6.9	7.1	7.0	7.0	Mean (# of hours)	7.6	7.1	7.1	7.2	7.1	7.2
Median (# of hours)	7.0	7.0	7.0	7.0	7.0	7.0	Median (# of hours)	8.0	7.0	7.0	7.0	7.0	7.0

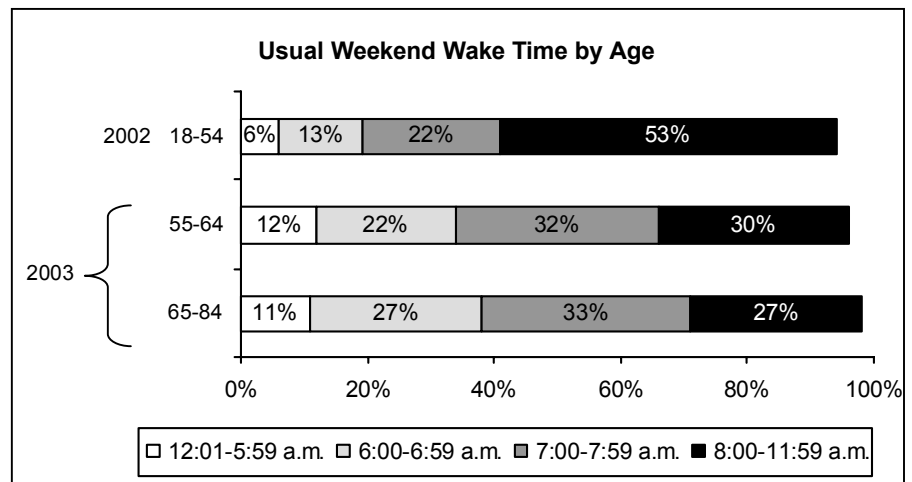
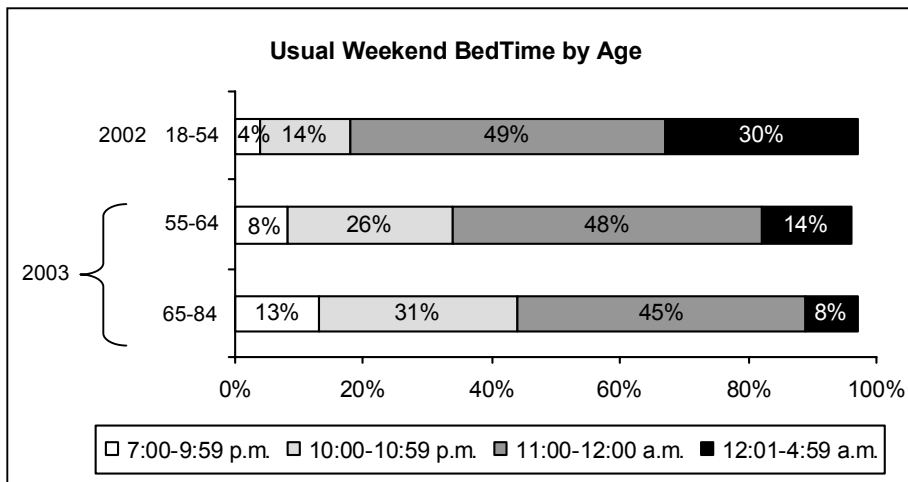
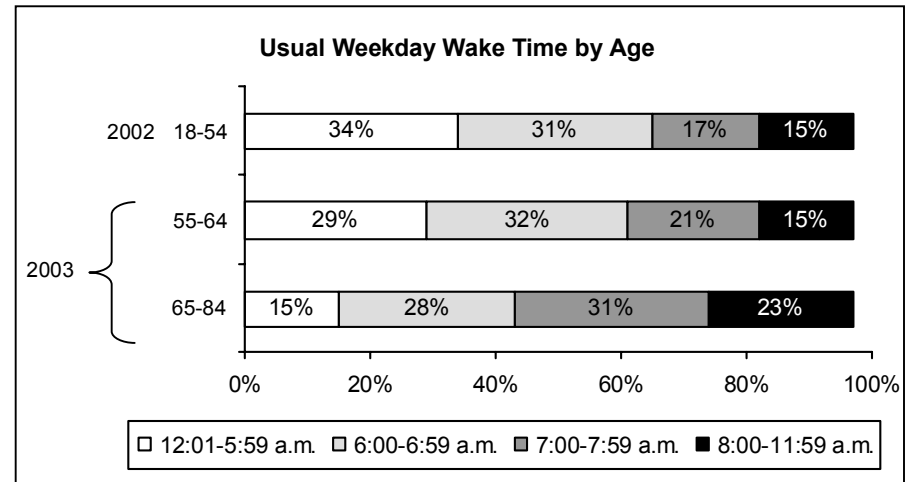
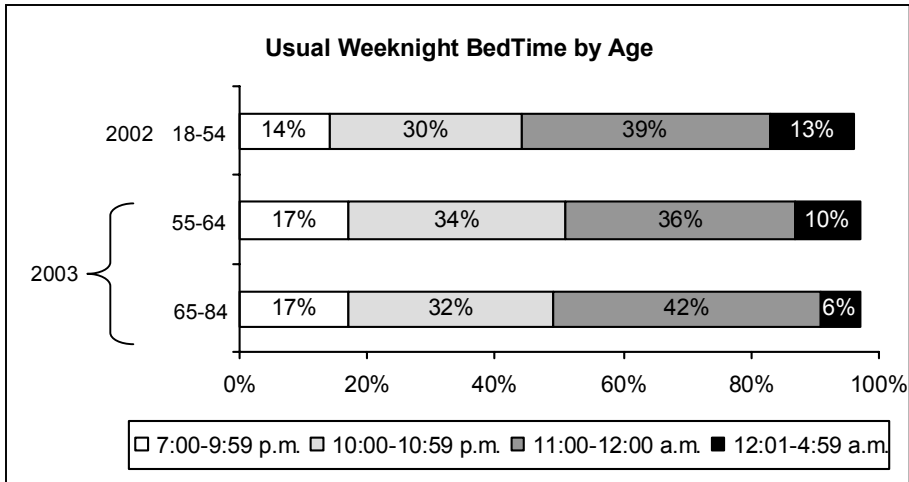
\*2002 *Sleep in America* poll

\*2003 *Sleep in America* poll

## Executive Summary – Sleep Behavior (cont'd)

During the week, 74% of older adults (55-84 year-olds) go to bed between 10:00 p.m. and midnight, and there is little change in bedtime on the weekends (75%). Only 8% of older adults go to bed after midnight on weeknights, increasing to 11% on weekends. In contrast, the percentage of younger adults (18-54 year-olds) going to bed after midnight increases from 13% during the week to 30% on weekends.

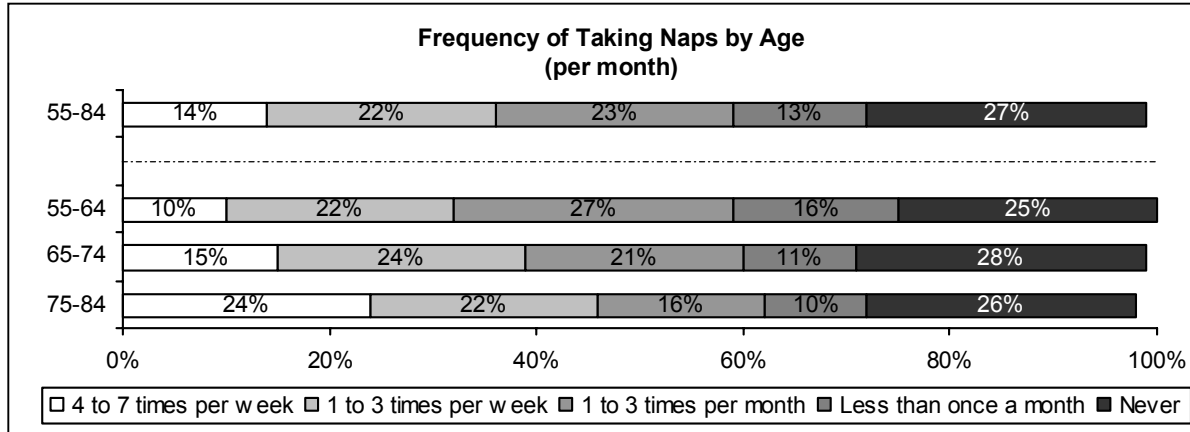
- On weekdays, 47% of older adults wake up at 7:00 a.m. or later, and this percentage increases to 62% on weekends. For younger adults, 34% wake up at 7:00 a.m. or later during the week, but this increases to 80% on weekends.



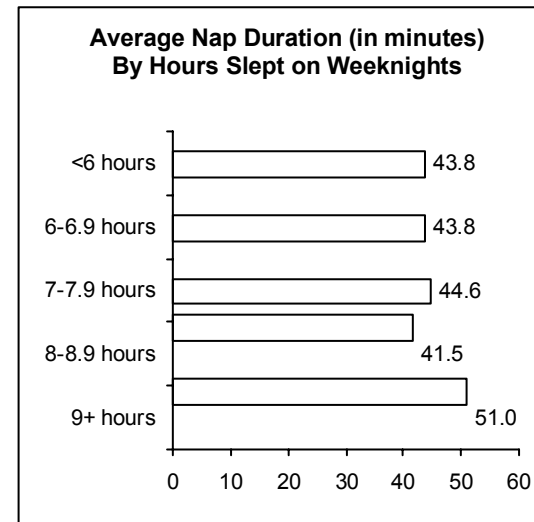
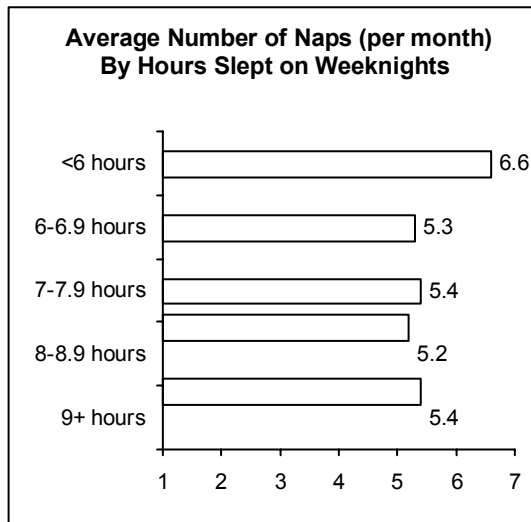


## Executive Summary – Sleep Behavior (cont'd)

Among older adults who nap, the frequency of naps increases with age. While 10% of 55-64 year-olds report that they take naps regularly (four to seven times per week), a significantly higher proportion of 75-84 year-olds (24%) take naps regularly. The proportion who never nap (27%) does not decline with age.



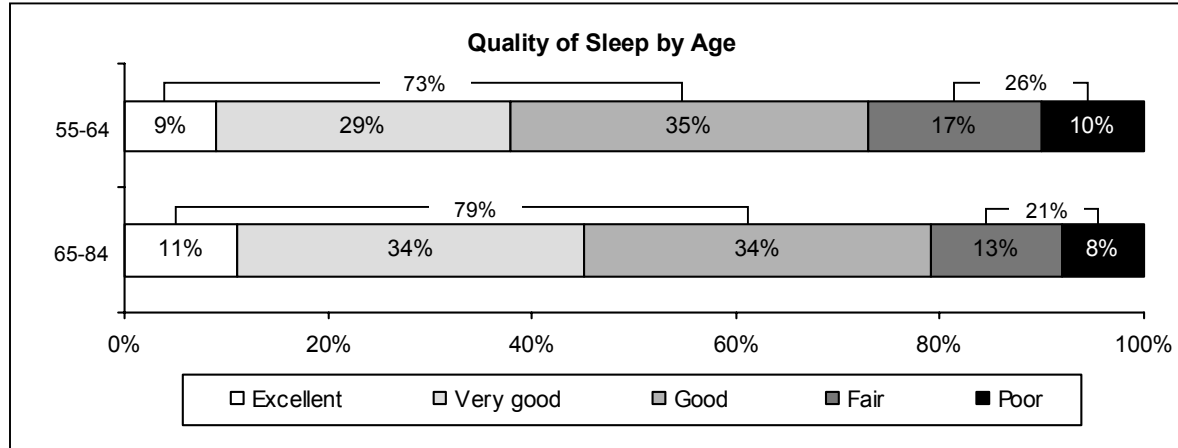
Older adults who sleep less than six hours on weeknights take an average of seven naps (6.6) per month for an average of 44 minutes (43.8). On the other hand, those who sleep nine hours or more on weeknights take fewer naps per month (5.4) but sleep longer during those naps (51.0 minutes).



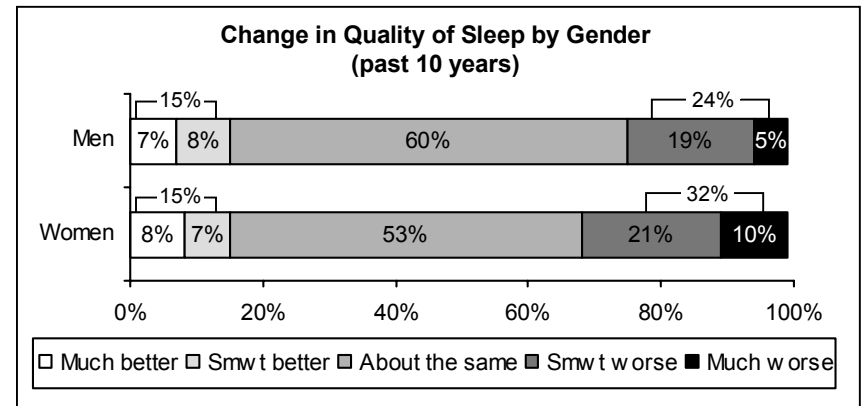
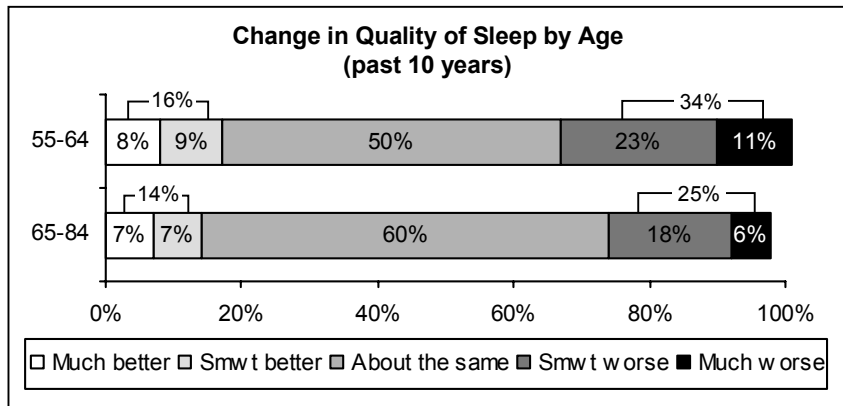
## Executive Summary – Sleep Quality

Respondents were asked to rate the quality of their sleep on most nights. Three out of four older adults (77%) rate the quality of their sleep as excellent, very good, or good.

- A slightly greater proportion of 65-84 year-olds (79%) rate the quality of their sleep as excellent, very good, or good, compared to 55-64 year-olds (73%).
- At the same time, a significant proportion of older adults rate their sleep as fair to poor with 55-64 year-olds (26%) more likely to rate the quality of their sleep this way than 65-84 year-olds (21%).



Respondents were asked how the quality of their sleep has changed in the past ten years. Though many report that the quality of their sleep is about the same as it was ten years ago, more 55-64 year-olds (34%) than 65-84 year-olds (25%) report that their sleep quality has gotten somewhat or much worse. Women (32%) were more likely than men (24%) to rate the change in quality of their sleep as somewhat or much worse.



### **Sleep problems/disorders**

The following are defined as symptoms of sleep problems/disorders: difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, or unpleasant feelings in the legs.

Overall, about two-thirds of older adults report experiencing one or more of these symptoms of a sleep problem at least a few nights a week (67%), with 55-64 year-olds (71%) being most likely to report having a sleep problem compared to adults 65-74 years-old (65%) and 75-84 year-olds (64%).

### **Insomnia**

Insomnia is defined as any of the following symptoms: difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, or waking up feeling unrefreshed. About one-half of the older adults report having one or more symptoms of insomnia at least a few nights a week (48%).

Specifically, about one in five older adults overall report having difficulty falling asleep (18%), one-third report waking a lot during the night (33%), about one-fourth report waking too early and cannot get back to sleep (23%), with 75-84 year-olds (28%) being most likely to report this compared to those aged 55-64 and 65-74 (22% each), and about three in ten report waking up feeling unrefreshed (27%). Adults 55-64 years-olds are more likely to say that they wake up feeling unrefreshed (33%) compared to 22% of 65-74 year-olds and 23% of 75-84 year-olds. Women are significantly more likely than men to report having difficulty falling asleep at least a few nights a week in the past year (21% vs. 14%).

### **Snoring**

Frequent snoring can be a symptom of sleep apnea. About one-third of older adults overall (32%) report that they have snored at least a few nights a week in the past year, with about four in ten 55-64 year-olds (41%) most likely to say they have snored compared to about one-fourth of 65-74 year-olds (28%) and 75-84 year-olds (22%). Men are significantly more likely than women to report snoring at least a few nights a week in the past year (40% vs. 26%).

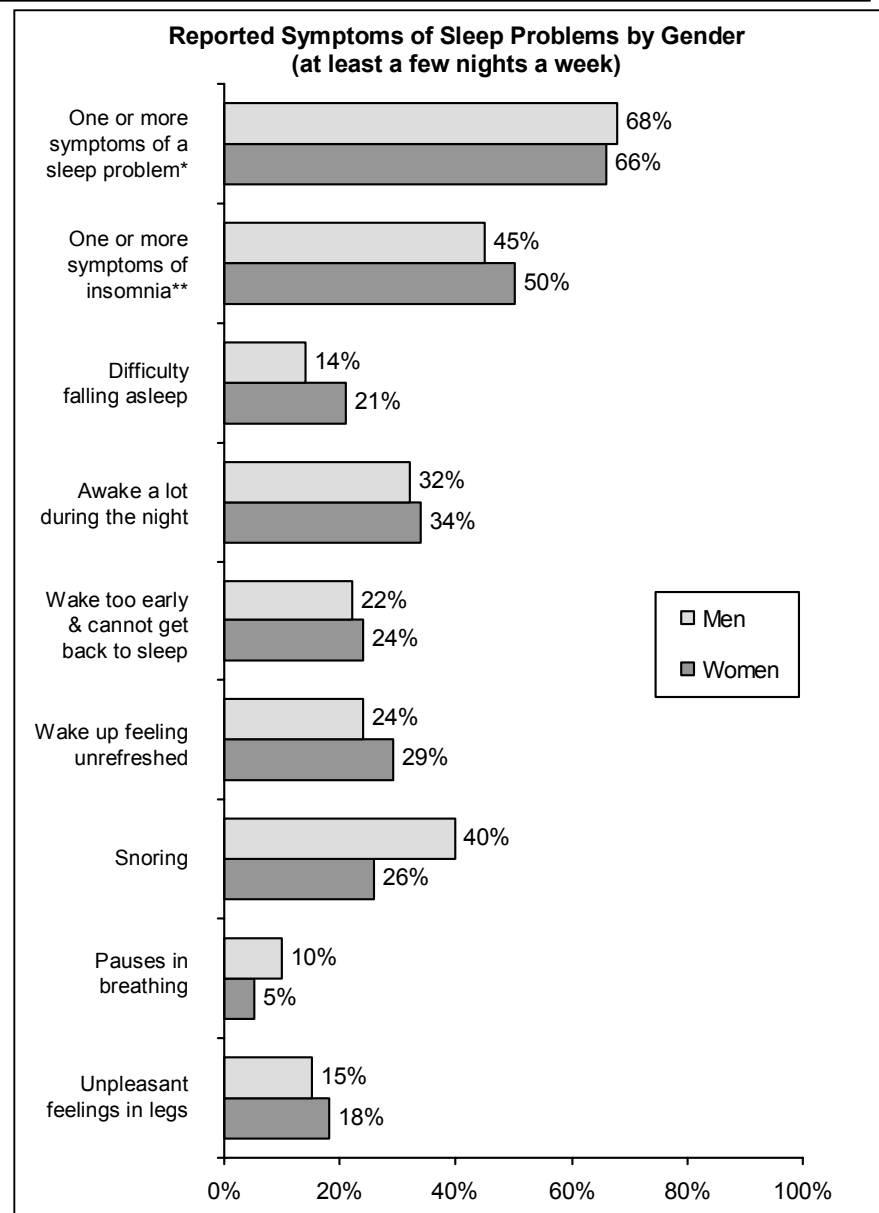
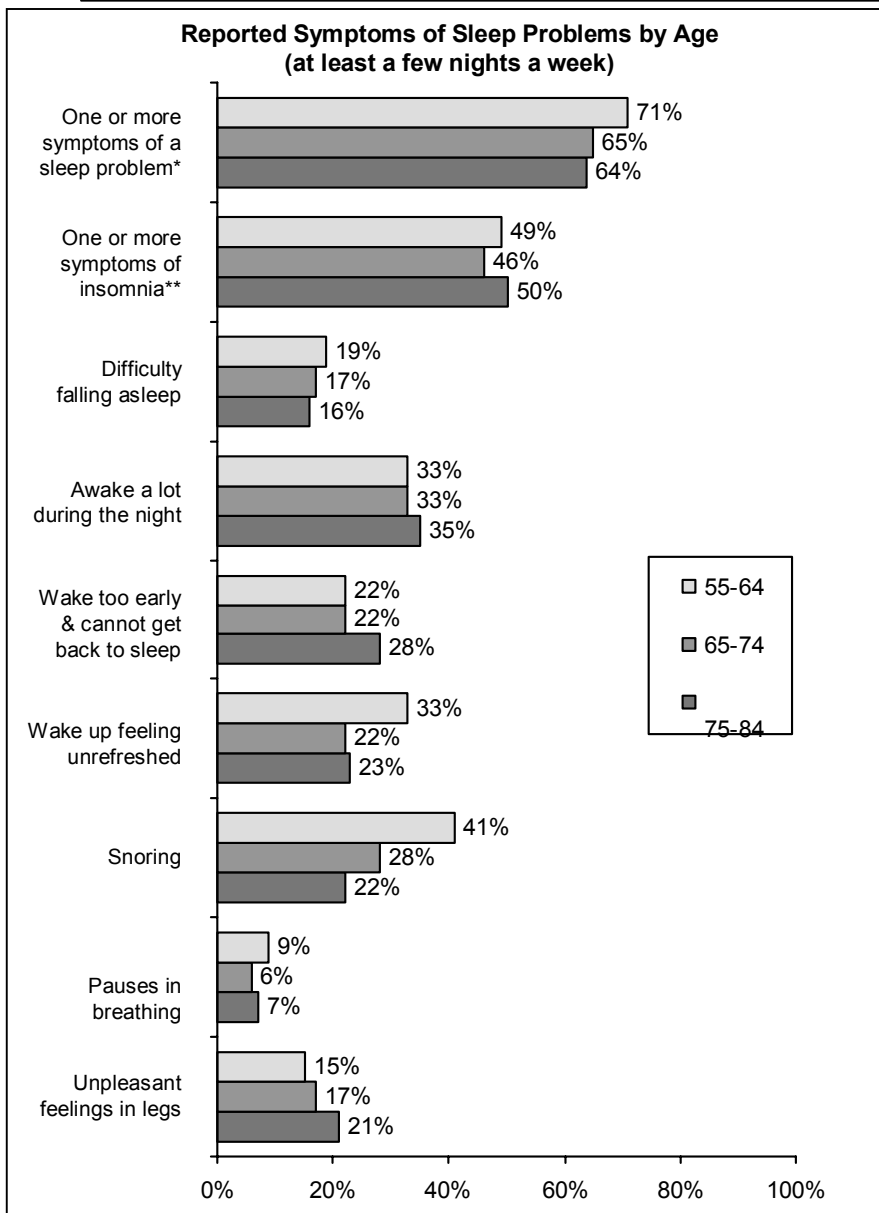
### **Pauses in breathing**

Observed or experienced pauses in breathing during sleep can be a symptom of sleep apnea. Less than one in ten older adults (7%) report having had pauses in their breathing during sleep at least a few nights a week in the past year. Specifically, 9% of 55-64 year-olds, 6% of 65-74 year-olds and 7% of 75-84 year-olds report pauses in their breathing during sleep. Men are twice as likely as women to report pauses in their breathing at least a few nights a week in the past year (10% vs. 5%).

### **Unpleasant, tingling feelings in legs**

Unpleasant, tingling feelings in the legs is a common symptom for those with restless legs syndrome. Overall, about one-sixth of the older adults (17%) report having unpleasant, tingling feelings in their legs at least a few nights a week in the past year. These symptoms increase slightly as older adults age: 15% of 55-64 year-olds, 17% of 65-74 and 21% of 75-84 reporting it most.

## Executive Summary – Sleep Problems/Disorders (cont'd)

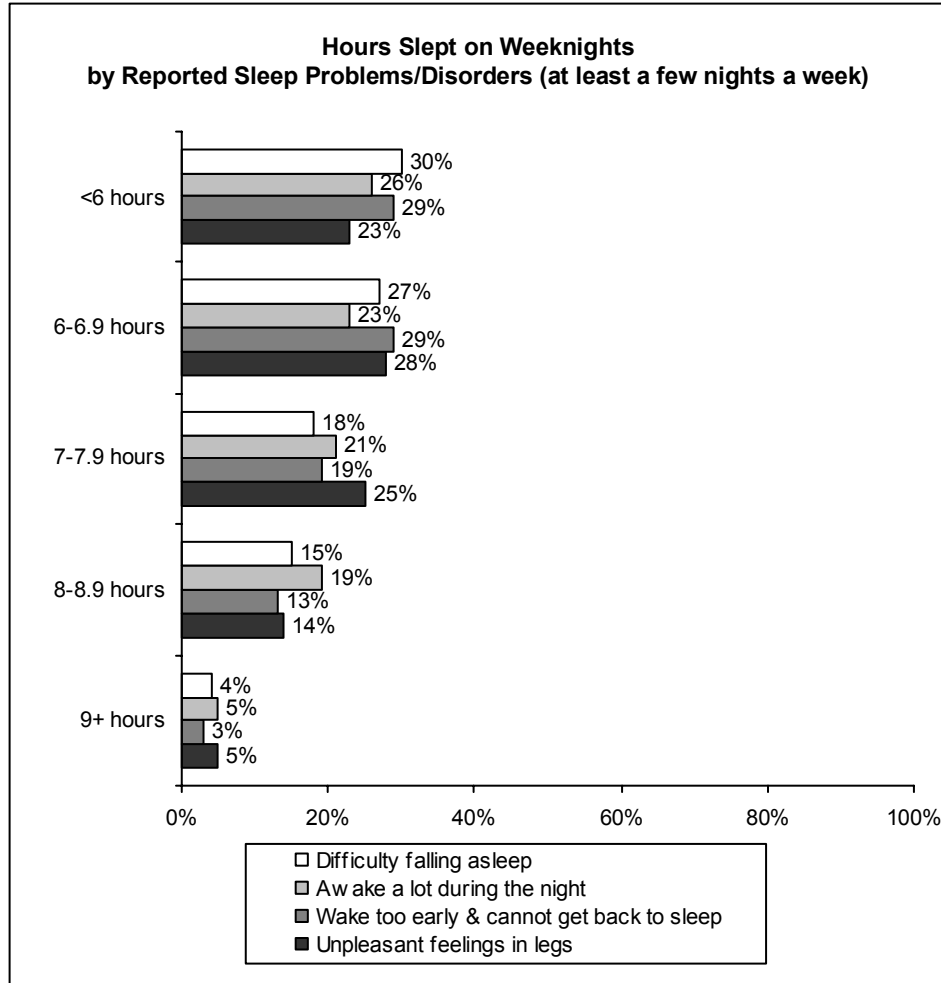


\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

\*\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

## Executive Summary – Sleep Problems/Disorders (cont'd)

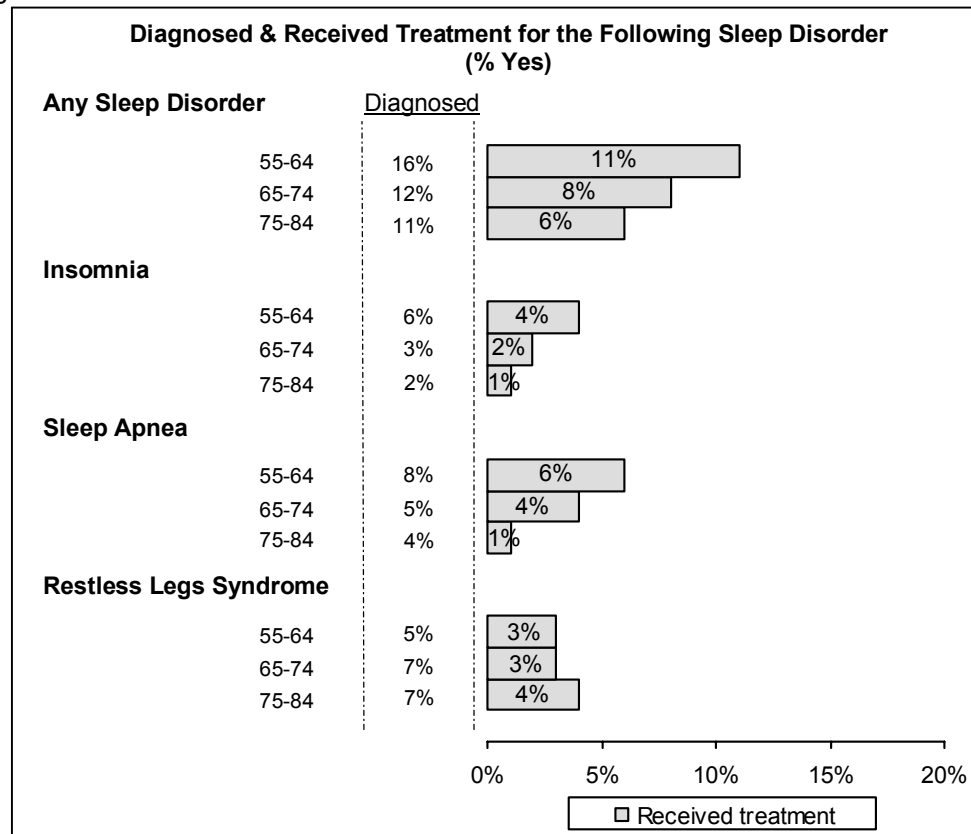
The less an individual sleeps during the week, the more likely he/she is to report having difficulty falling asleep, waking too early and cannot get back to sleep, being awake a lot during the night, and having unpleasant feelings in his or her legs when lying down at night. Most older adults who sleep less than six hours per night during the weeknights do not sleep more on weekends.



## Executive Summary – Sleep Problems/Disorders (cont'd)

Older adults were asked if they had been told by a doctor that they have any of the following sleep disorders: insomnia, sleep apnea, or restless legs syndrome and if they ever received treatment for these sleep disorders. About one in eight older adults (13%) report having been diagnosed with at least one of these sleep disorders, with the percentage decreasing slightly by age (16% of 55-64 year-olds, 12% of 65-74 year-olds and 11% of 75-84 year-olds). About one in ten (9%) of all older adults report receiving treatment for a sleep disorder.

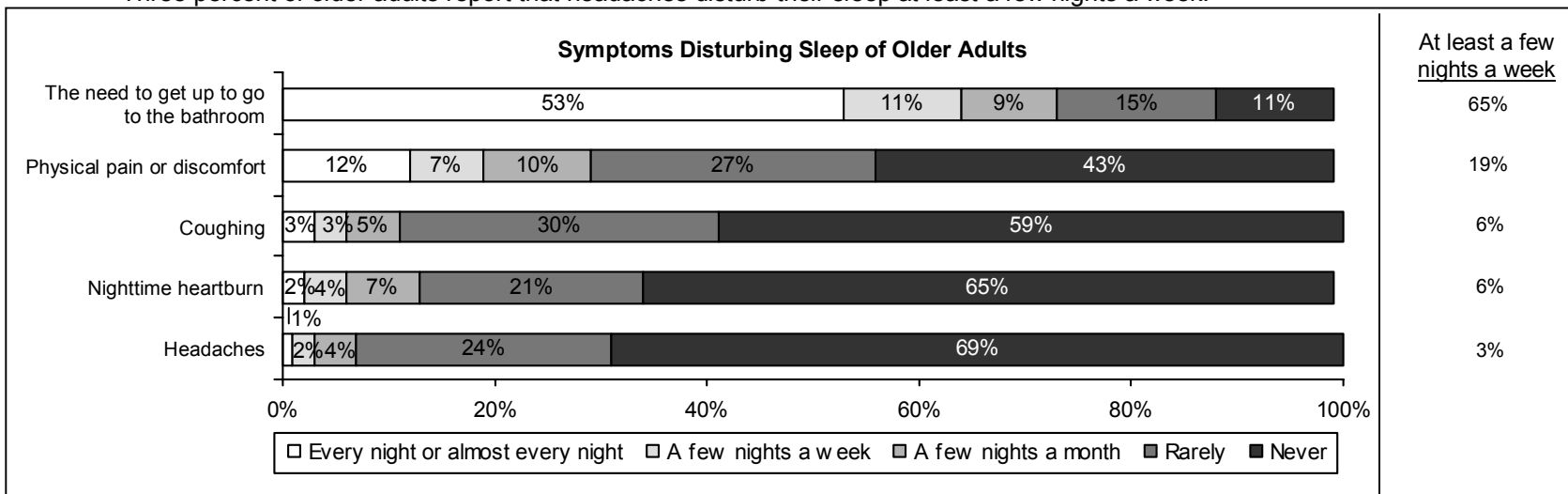
- Overall, less than one in twenty older adults (4%) report having been diagnosed with insomnia. Those aged 75-84 (2%) and 65-74 (3%) are less likely than 55-64 year-olds (6%) to report that they have been diagnosed with insomnia. Only 3% report receiving treatment for insomnia
- Less than one in ten older adults (6%) overall report having been diagnosed with sleep apnea, (8% of 55-64 year-olds, 5% of 65-74 year-olds and 4% of 75-84 year-olds). Four percent of older adults report receiving treatment for sleep apnea.
- About one in twenty older adults report having been diagnosed with restless legs syndrome across all age groups (5%-7%), and few (3%) report having received treatment.



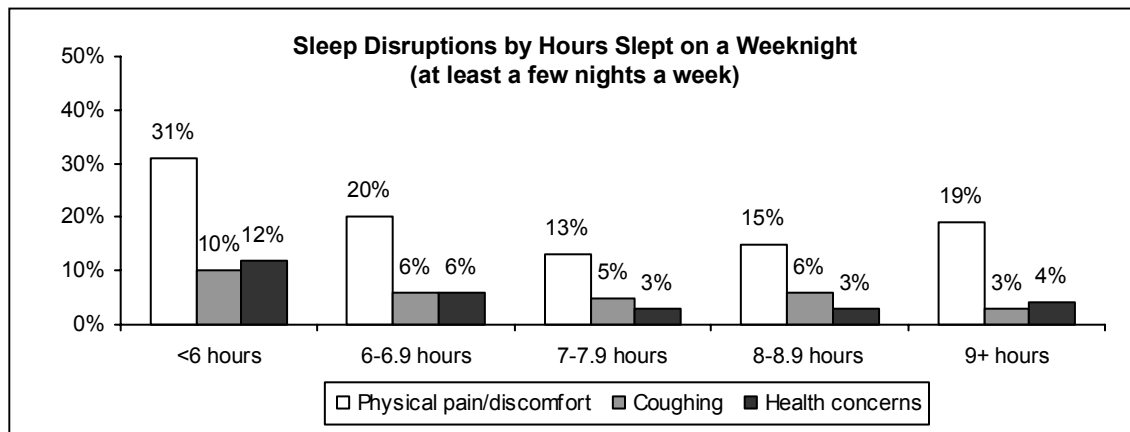
## Executive Summary – Sleep Problems/Disorders (cont'd)

The most common problem disturbing the sleep of older adults (55-84 year-olds) is the need to get up to go to the bathroom, with 65% reporting experiencing this disturbance at least a few nights a week. The second most common sleep disturbance is physical pain or discomfort, with about two in ten adults (19%) experiencing this problem at least a few nights a week.

- The need to get up to go to the bathroom at least a few nights a week increases significantly as adults age (59% for 55-64 year-olds, 66% for 65-74 year-olds and 76% for 75-84 year-olds).
- About one in twenty older adults report coughing (6%) and nighttime heartburn (6%) disturbs their sleep at least a few nights a week.
- Three percent of older adults report that headaches disturb their sleep at least a few nights a week.

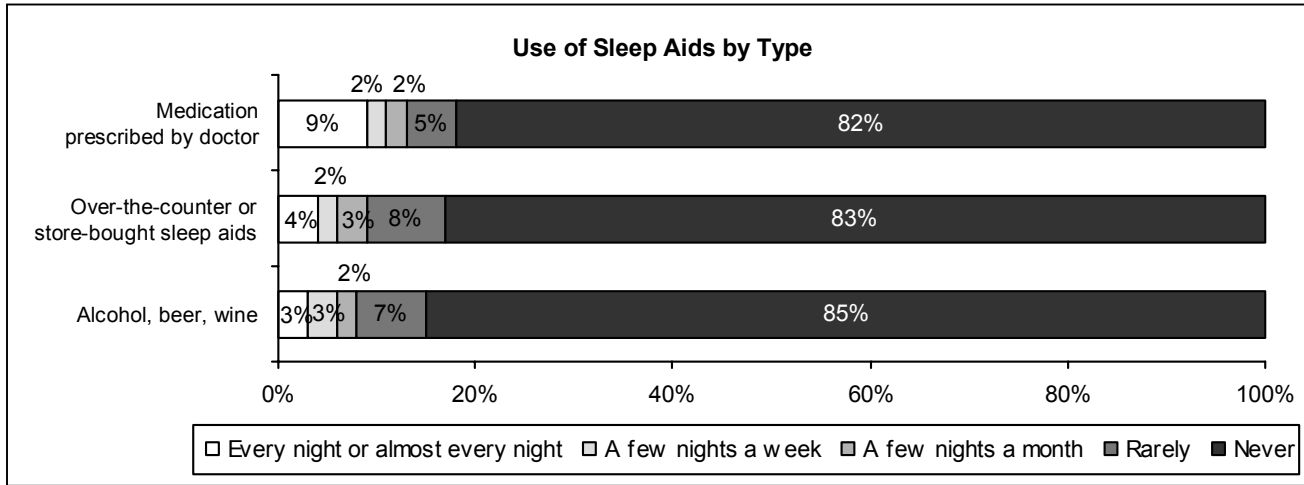


Compared to all older adults who sleep more, those who sleep less than six hours on weeknights report more sleep disruptions at least a few nights a week due to physical pain or discomfort, coughing and concerns about their health.

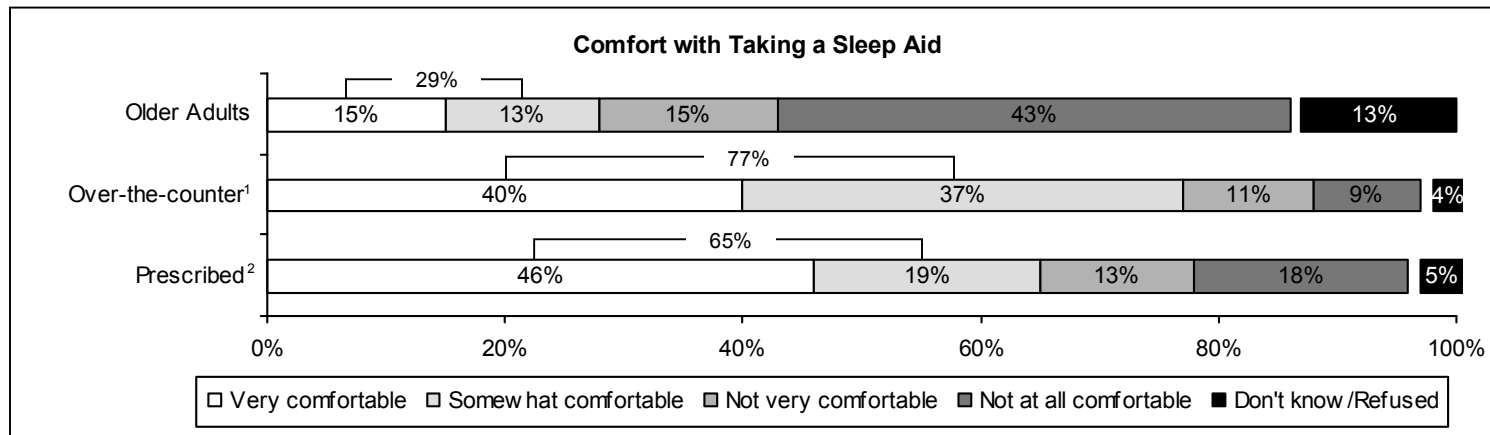


## Executive Summary – Sleep Aids

Among all older adults surveyed, 20% report using a sleep aid that can include a medication prescribed by a doctor, an over-the-counter sleep aid or the use of alcohol, beer or wine at least a few nights a week, with 15% saying they use these sleep aids every night or almost every night.



Some older adults (29%) report feeling very or somewhat comfortable with taking a sleep aid, but many more (58%) state that they are not very or not at all comfortable with taking a sleep aid. Of those who take an over-the-counter sleep aid at least a few nights a month, 77% report that they are either very or somewhat comfortable taking a sleep aid, and of those who use a prescribed sleep medication at least a few nights a month, 65% report feeling this level of comfort.



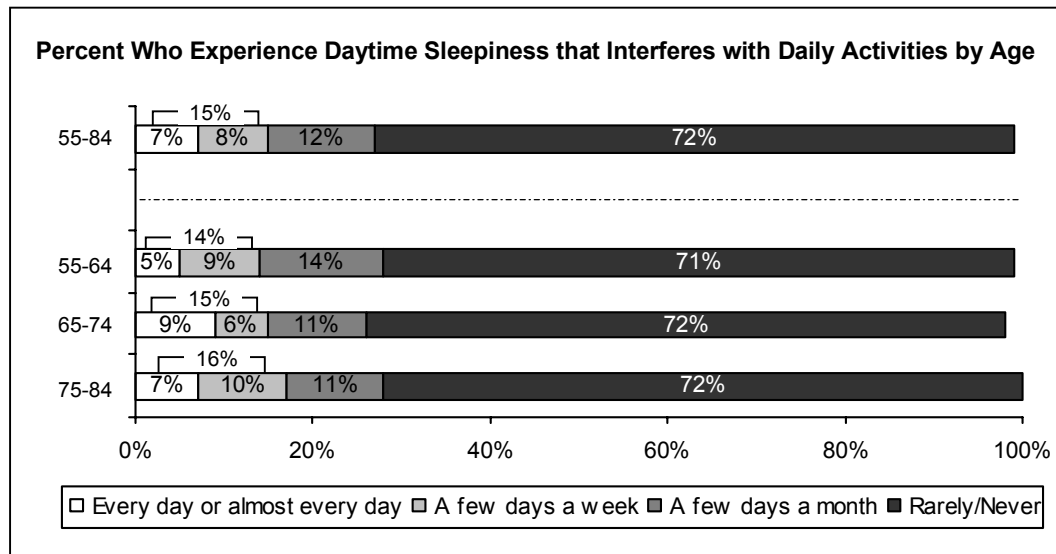
<sup>1</sup>Base = Those who take an over-the-counter sleep aid at least a few nights a month.

<sup>2</sup>Base = Those who take a prescribed sleep aid at least a few nights a month.



## Executive Summary – Daytime Sleepiness

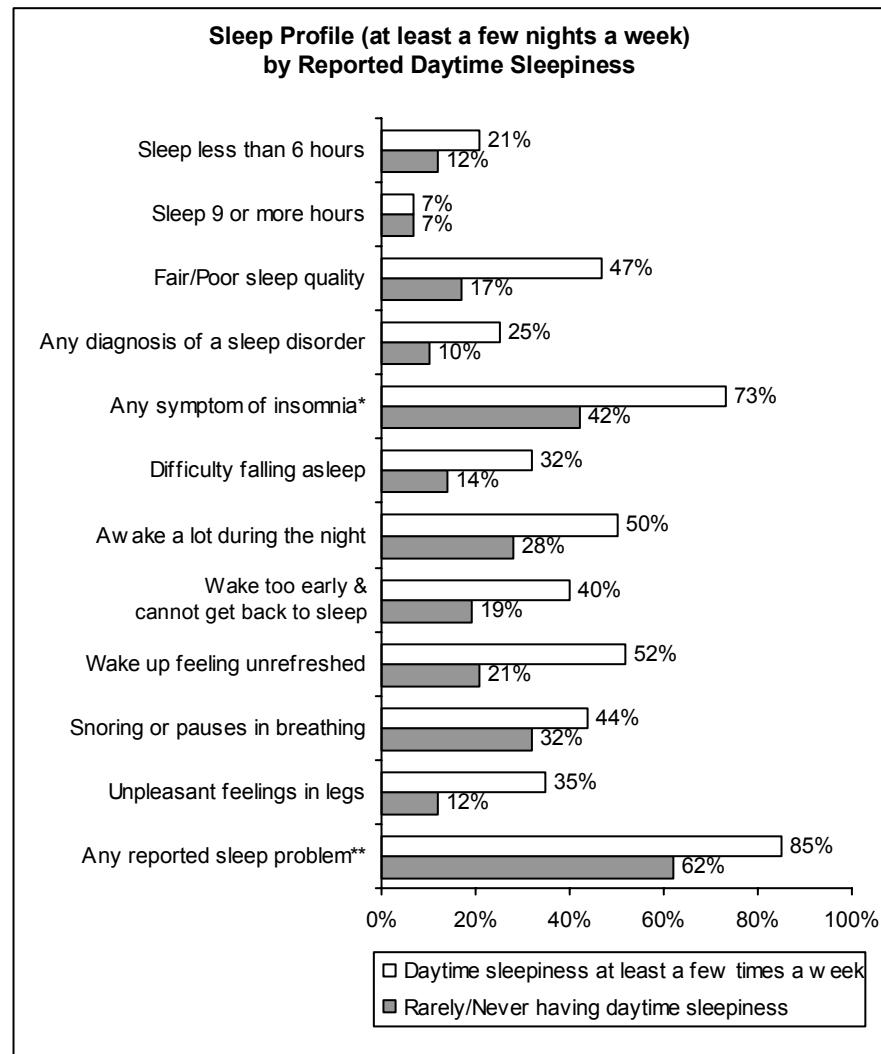
When older adults were asked about daytime sleepiness, 15% report that they have daytime sleepiness so severe that it interferes with their daily activities at least a few times a week. The frequency of daytime sleepiness does not increase with age.



## Executive Summary – Daytime Sleepiness (cont'd)

Older adults who experience daytime sleepiness at least a few days a week differ from those who rarely or never experience daytime sleepiness in that they are more likely to:

- Sleep less than six hours (21% vs. 12%);
- Report their sleep quality as fair or poor (47% vs. 17%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (25% vs. 10%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (73% vs. 42%);
- Report having difficulty falling asleep (32% vs. 14%);
- Report waking a lot during the night (50% vs. 28%);
- Report waking too early and cannot get back to sleep (40% vs. 19%);
- Report waking up feeling unrefreshed (52% vs. 21%);
- Report snoring or pauses in breathing during sleep (44% vs. 32%);
- Report unpleasant feelings in their legs (35% vs. 12%); and
- Report having a sleep problem (85% vs. 62%).



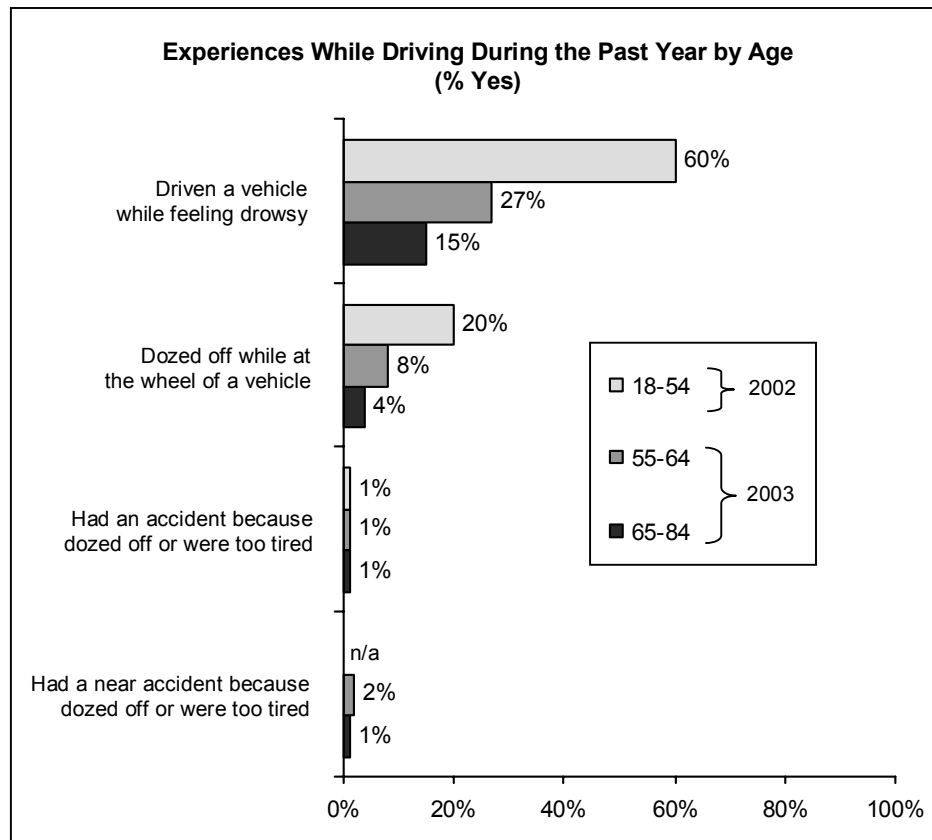
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Driving Drowsy

During the past year, four times as many younger adults (18-54 year-olds) report driving while feeling drowsy (60%) compared with 65-84 year-olds (15%). Younger adults are five times more likely to report dozing off at the wheel of the wheel (20%) versus 65-84 year-olds (4%).

- Only one percent of all respondents who drive report having had an accident because they dozed off or were too tired while driving.
- Two percent of 55-64 year-olds and one percent of 65-84 year-olds who drive report having nearly had an accident because they dozed off or were too tired while driving.

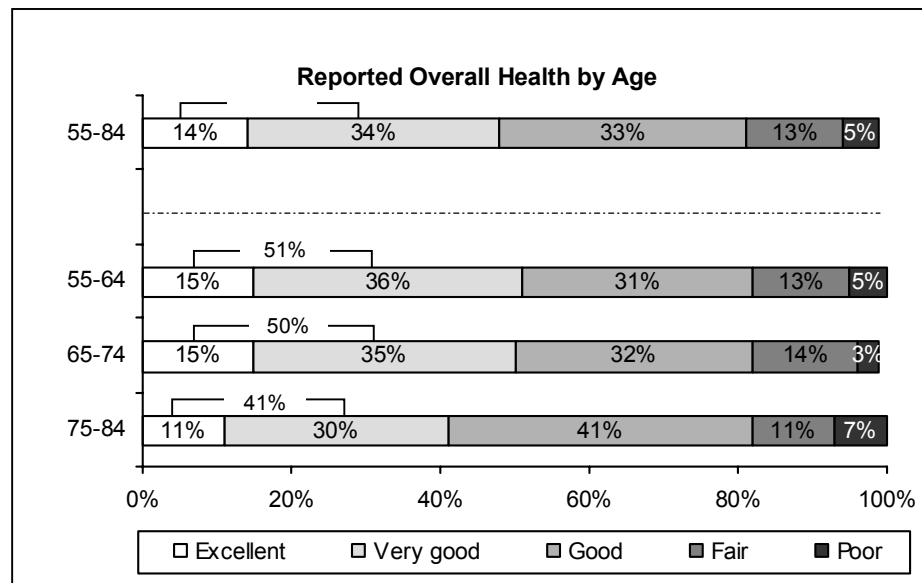


Base = Those who responded that have a license and drive

## Executive Summary – Overall Health

When asked to rate their overall health, nearly one-half of all older adults (49%) rate their health as excellent or very good. About one in five older adults (18%) rate their health as either fair or poor.

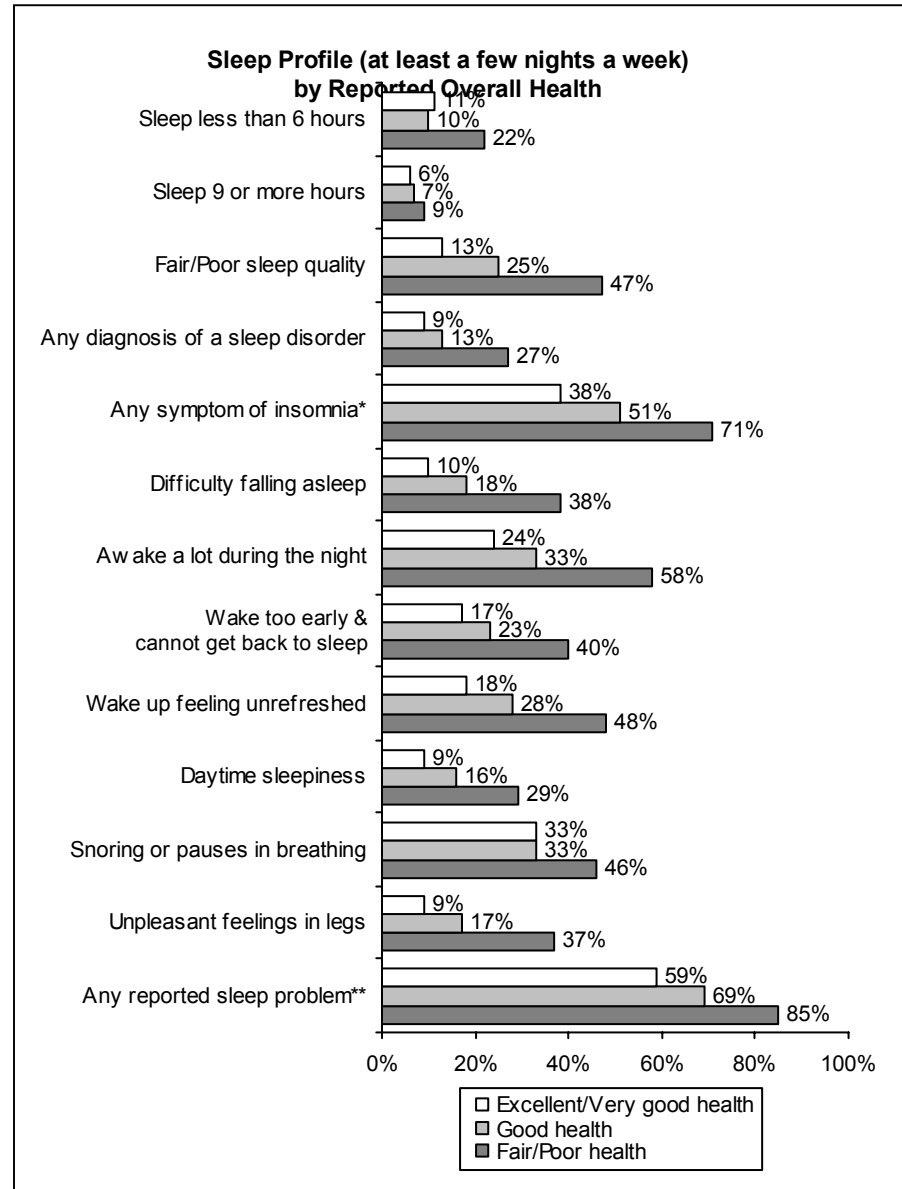
Adults aged 75-84 (41%) are less likely than 55-64 year-olds (51%) and 65-74 year-olds (50%) to rate their overall health as either excellent or very good.



## Executive Summary – Overall Health (cont'd)

Those who report having excellent, very good or good health differ from those who report having fair or poor health in that they are less likely to:

- Sleep less than six hours (11% and 10% vs. 22%);
- Report their sleep quality as fair or poor (13% and 25% vs. 47%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, and restless legs syndrome (9% and 13% vs. 27%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (38% and 51% vs. 71%);
- Report having difficulty falling asleep (10% and 18% vs. 38%);
- Report waking a lot during the night (24% and 33% vs. 58%);
- Report waking too early and cannot get back to sleep (17% and 23% vs. 40%);
- Report waking up feeling unrefreshed (18% and 28% vs. 48%);
- Report having daytime sleepiness (9% and 16% vs. 29%);
- Report snoring or pauses in breathing during sleep (33% each vs. 46%);
- Report unpleasant feelings in their legs (9% and 17% vs. 37%); and
- Report having a sleep problem (59% and 69% vs. 85%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

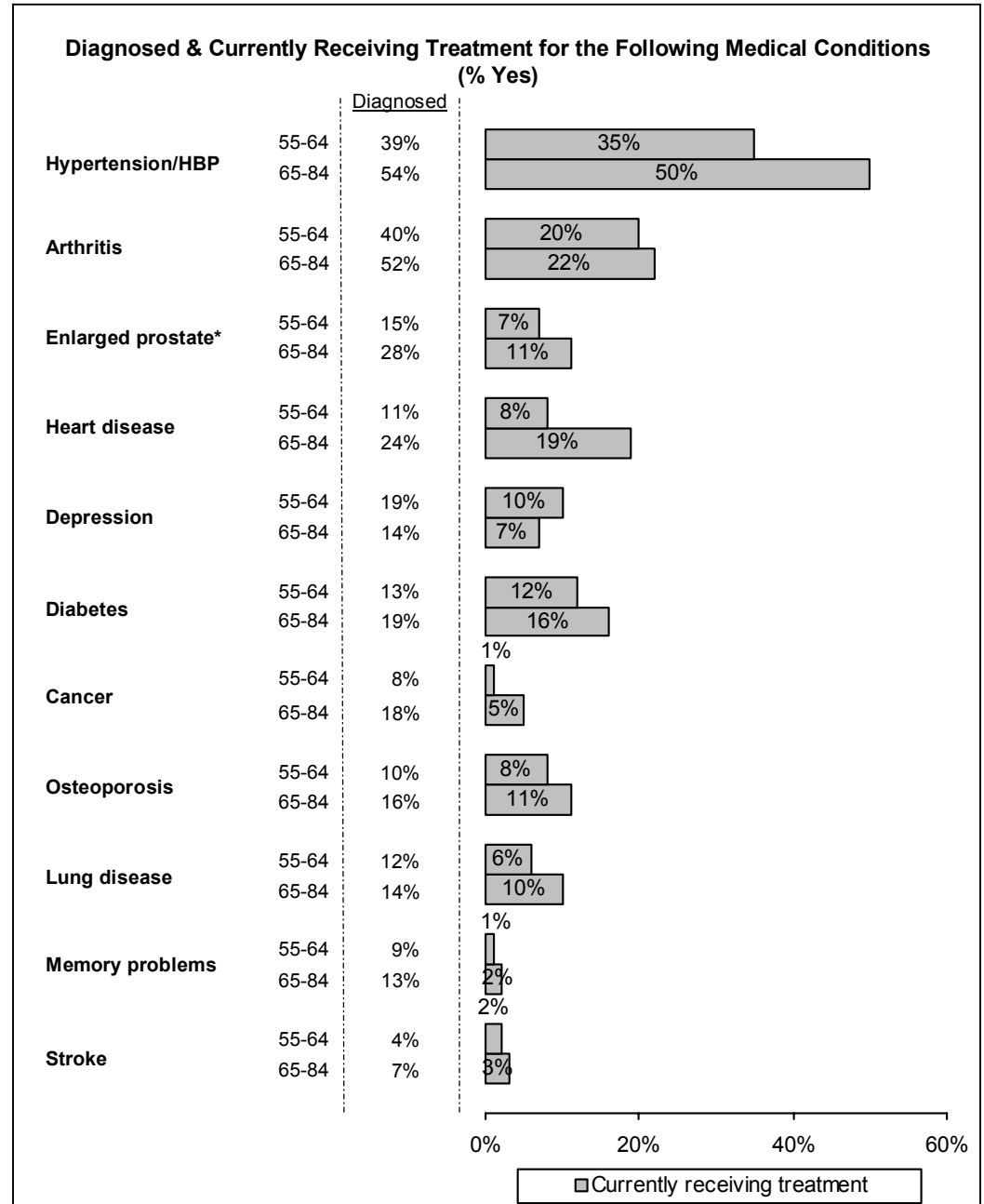
## Executive Summary – Medical/Physical Conditions and Sleep

Older adults were asked if they had been told by a doctor that they have any one of eleven common medical conditions and whether or not they are currently receiving treatment for that condition. Medical conditions were more frequently reported by those 65 to 84 years of age. Overall, the proportion of older adults who report that they have been told they have these medical conditions are as follows:

- 47% diagnosed with hypertension or high blood pressure;
- 46% diagnosed with arthritis;
- 22% of men diagnosed with enlarged prostate;
- 18% diagnosed with heart disease;
- 16% diagnosed with depression;
- 15% diagnosed with diabetes;
- 14% diagnosed with cancer;
- 14% diagnosed with osteoporosis,
- 13% diagnosed with lung disease,
- 11% diagnosed with memory problems; and
- 6% diagnosed with a stroke.

Men are more likely than women to report having been told by a doctor that they have heart disease (21% vs. 16%) or diabetes (19% vs. 14%). Women are more likely than men to report having been told by a doctor that they have arthritis (55% vs. 35%), depression (19% vs. 11%), cancer (15% vs. 12%), osteoporosis (21% vs. 3%) or lung disease (15% vs. 11%).

The chart on the right compares the percentage of 55-64 year-olds to the percentage of 65-84 year-olds who report having been diagnosed with these medical conditions and are currently receiving treatment for the conditions.

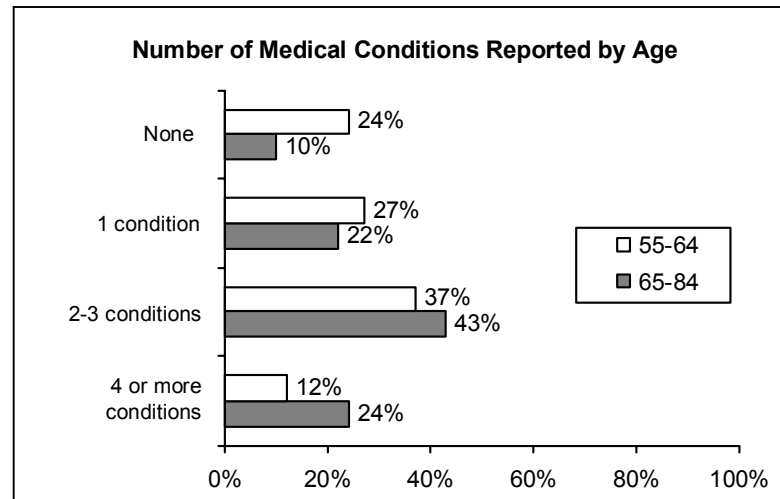


\*Asked of men only

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults' answers regarding these eleven medical conditions were combined to determine their total number of medical diagnoses per respondent. About one in six older adults (16%) report that they have not been diagnosed with any of these medical conditions, 24% have been diagnosed with one condition, 41% have been diagnosed with two or three conditions, and 19% have been diagnosed with four or more medical conditions.

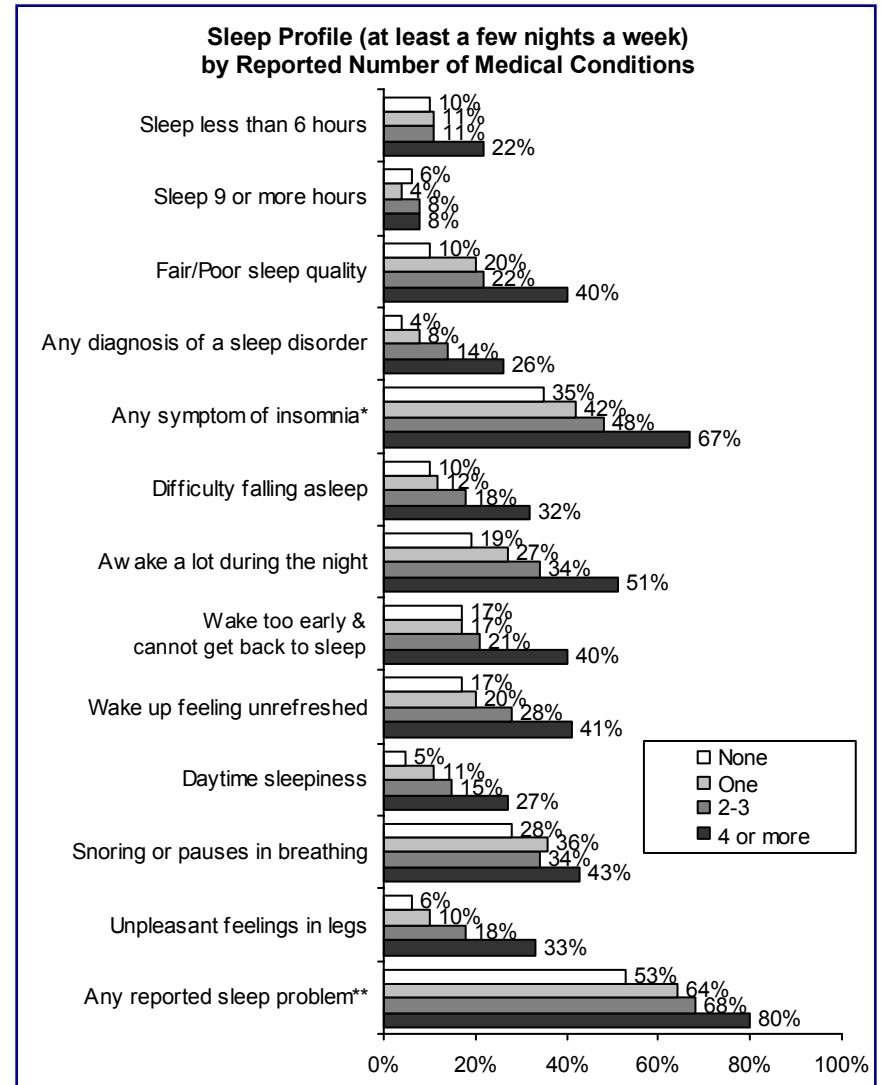
About one-fourth of 65-84 year-olds (24%) report having been diagnosed with four or more medical conditions. This is twice the proportion compared to those with this number of diagnoses among 55-64 year-olds (12%). In contrast, 55-64 year-olds were twice as likely to report having no diagnoses (24%) compared with 65-84 year-olds (10%).



## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Those who report having four or more medical conditions (19%) differ from those who report having none to three conditions in that they are more likely to:

- Sleep less than six hours (22% vs. 10%-11%);
- Report their sleep quality as fair or poor (40% vs. 10%-22%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (26% vs. 4%-14%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (67% vs. 35%-48%);
- Report having difficulty falling asleep (32% vs. 10%-18%);
- Report waking a lot during the night (51% vs. 19%-34%);
- Report waking too early and cannot get back to sleep (40% vs. 17%-21%);
- Report waking up feeling unrefreshed (41% vs. 17%-28%);
- Report daytime sleepiness (27% vs. 5%-15%);
- Report snoring or pauses in breathing during sleep (43% vs. 28%-36%);
- Report unpleasant feelings in their legs (33% vs. 6%-18%); and
- Report having a sleep problem (80% vs. 53%-68%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

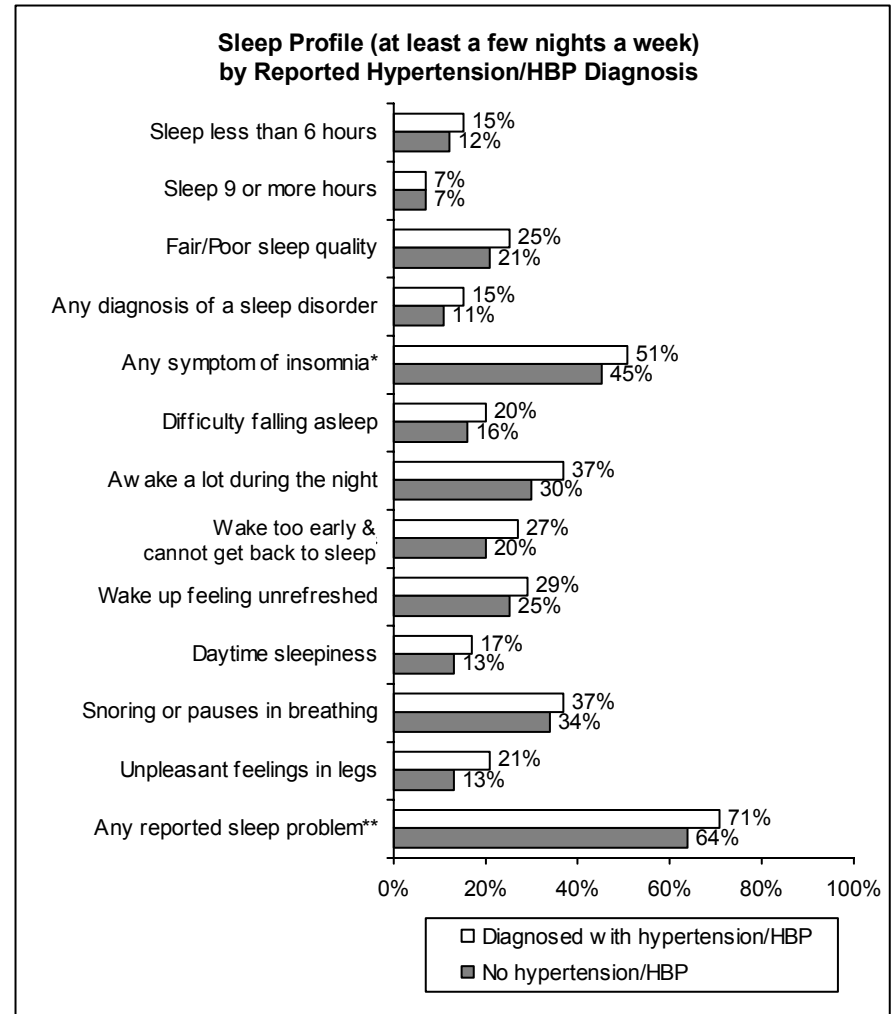
\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.



## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with hypertension or high blood pressure (47%) differ from those who have not been diagnosed in that they are more likely to:

- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (15% vs. 11%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (51% vs. 45%).
- Report waking a lot during the night (37% vs. 30%);
- Report waking too early and cannot get back to sleep (27% vs. 20%);
- Report daytime sleepiness (17% vs. 13%);
- Report unpleasant feelings in their legs (21% vs. 13%); and
- Report having a sleep problem (71% vs. 64%).



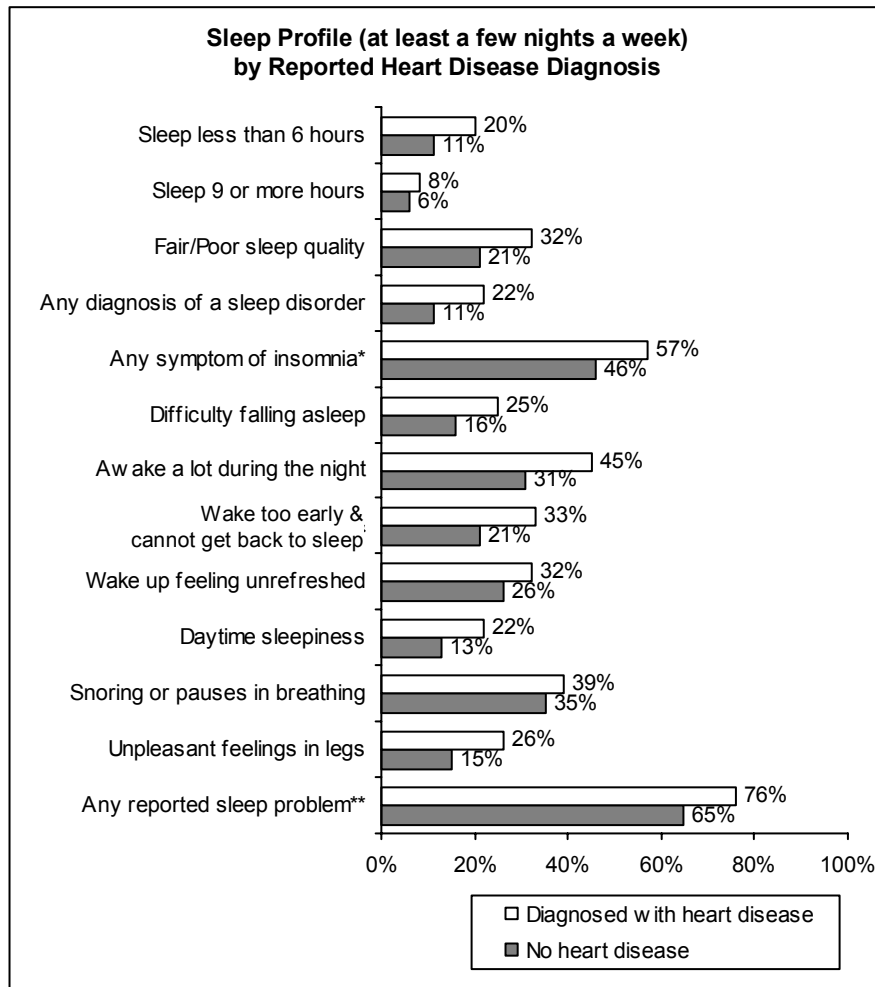
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with heart disease (18%) differ from those who have not been diagnosed in that they are more likely to:

- Sleep less than six hours (20% vs. 11%);
- Report their sleep quality as fair or poor (32% vs. 21%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (22% vs. 11%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (57% vs. 46%);
- Report having difficulty falling asleep (25% vs. 16%);
- Report waking a lot during the night (45% vs. 31%);
- Report waking too early and cannot get back to sleep (33% vs. 21%);
- Report waking up feeling unrefreshed (32% vs. 26%);
- Report daytime sleepiness (22% vs. 13%);
- Report snoring or pauses in breathing (39% vs. 35%);
- Report unpleasant feelings in their legs (26% vs. 15%); and
- Report having a sleep problem (76% vs. 65%).



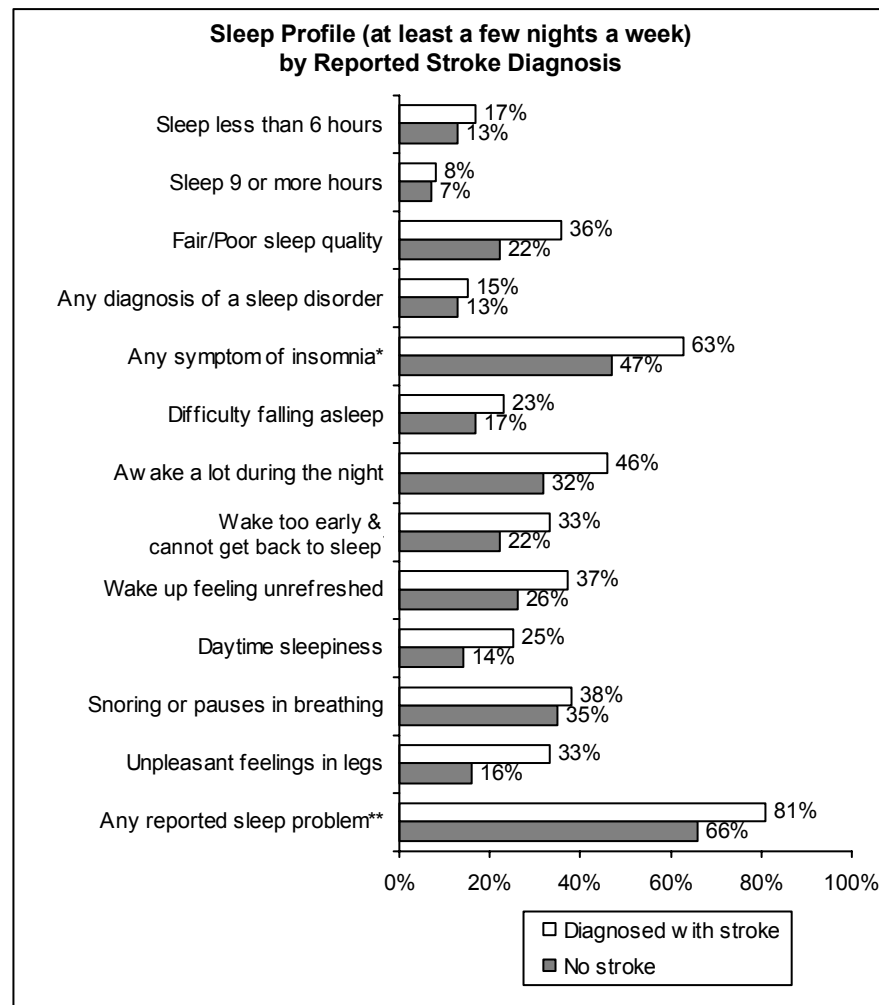
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with stroke (6%) differ from those who have not been diagnosed in that they are more likely to:

- Report their sleep quality as fair or poor (36% vs. 22%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (63% vs. 47%);
- Report waking a lot during the night (46% vs. 32%);
- Report waking too early and cannot get back to sleep (33% vs. 22%);
- Report waking up feeling unrefreshed (37% vs. 26%);
- Report daytime sleepiness (25% vs. 14%);
- Report unpleasant feelings in their legs (33% vs. 16%); and
- Report having a sleep problem (81% vs. 66%).



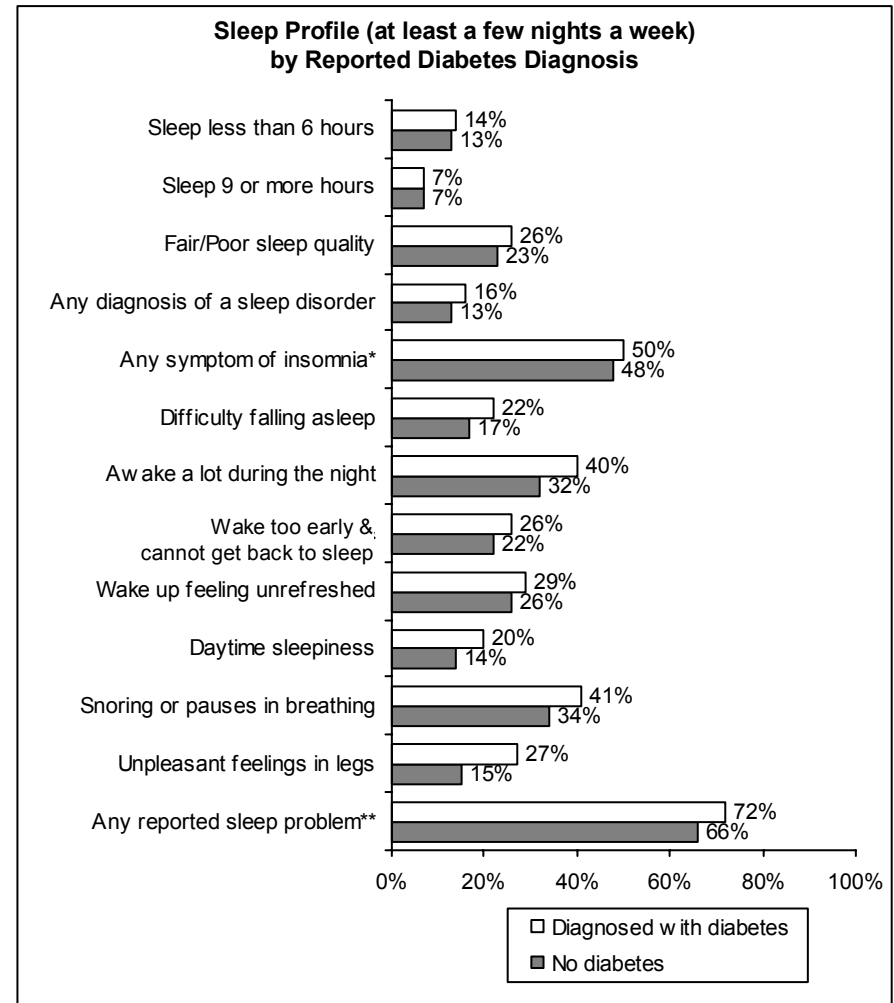
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with diabetes (15%) differ from those who have not been diagnosed in that they are more likely to:

- Report waking a lot during the night (40% vs. 32%);
- Report daytime sleepiness (20% vs. 14%);
- Report snoring or pauses in breathing during sleep (41% vs. 34%); and
- Report unpleasant feelings in their legs (27% vs. 15%).



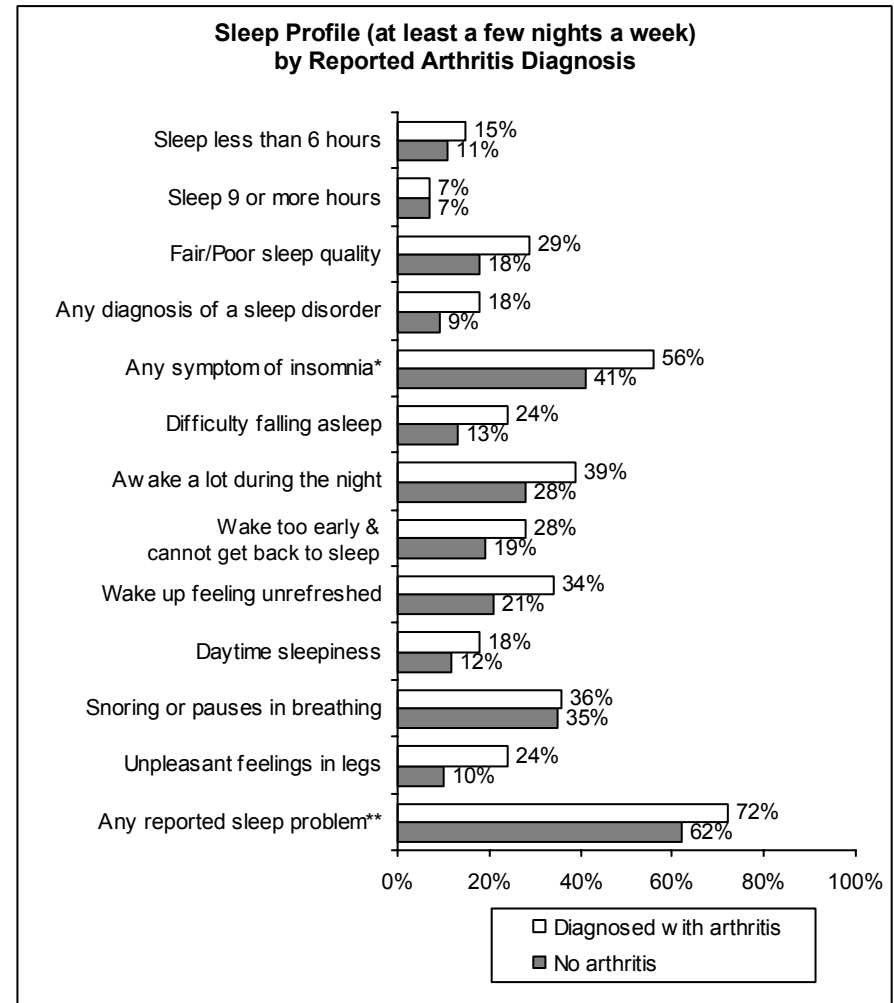
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with arthritis (46%) differ from those who have not been diagnosed in that they are more likely to:

- Sleep less than six hours (15% vs. 11%);
- Report their sleep quality as fair or poor (29% vs. 18%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (18% vs. 9%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (56% vs. 41%);
- Report having difficulty falling asleep (24% vs. 13%);
- Report waking a lot during the night (39% vs. 28%);
- Report waking too early and cannot get back to sleep (28% vs. 19%);
- Report waking up feeling unrefreshed (34% vs. 21%);
- Report daytime sleepiness (18% vs. 12%);
- Report snoring or pauses in breathing (36% vs. 35%);
- Report unpleasant feelings in their legs (24% vs. 10%); and
- Report having a sleep problem (72% vs. 62%).



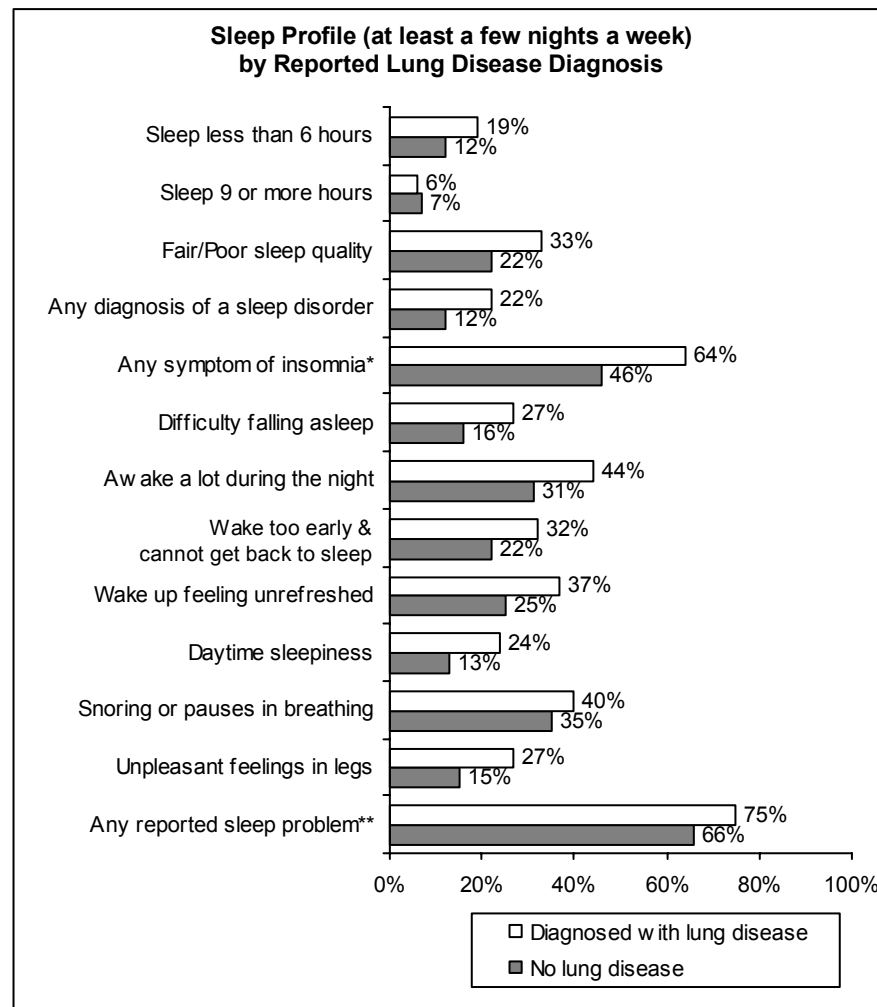
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with lung disease (13%) differ from those who have not been diagnosed in that they are more likely to:

- Sleep less than six hours (19% vs. 12%);
- Report their sleep quality as fair or poor (33% vs. 22%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (22% vs. 12%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (64% vs. 46%);
- Report having difficulty falling asleep (27% vs. 16%);
- Report waking a lot during the night (44% vs. 31%);
- Report waking too early and cannot get back to sleep (32% vs. 22%);
- Report waking up feeling unrefreshed (37% vs. 25%);
- Report daytime sleepiness (24% vs. 13%);
- Report snoring or pauses in breathing (40% vs. 35%);
- Report unpleasant feelings in their legs (27% vs. 15%); and
- Report having a sleep problem (75% vs. 66%).



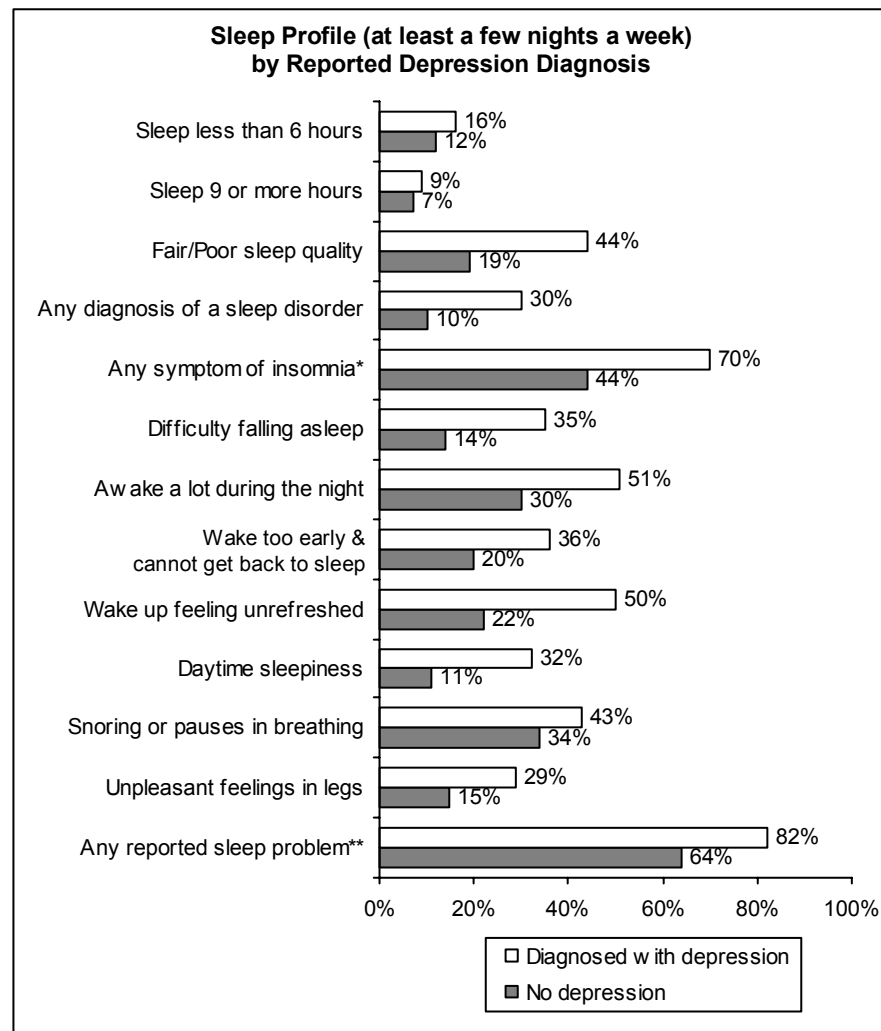
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with depression (16%) differ from those who have not been diagnosed in that they are more likely to:

- Report their sleep quality as fair or poor (44% vs. 19%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (30% vs. 10%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (70% vs. 44%);
- Report having difficulty falling asleep (35% vs. 14%);
- Report waking a lot during the night (51% vs. 30%);
- Report waking too early and cannot get back to sleep (36% vs. 20%);
- Report waking up feeling unrefreshed (50% vs. 22%);
- Report daytime sleepiness (32% vs. 11%);
- Report snoring or pauses in breathing during sleep (43% vs. 34%);
- Report unpleasant feelings in their legs (29% vs. 15%); and
- Report having a sleep problem (82% vs. 64%).



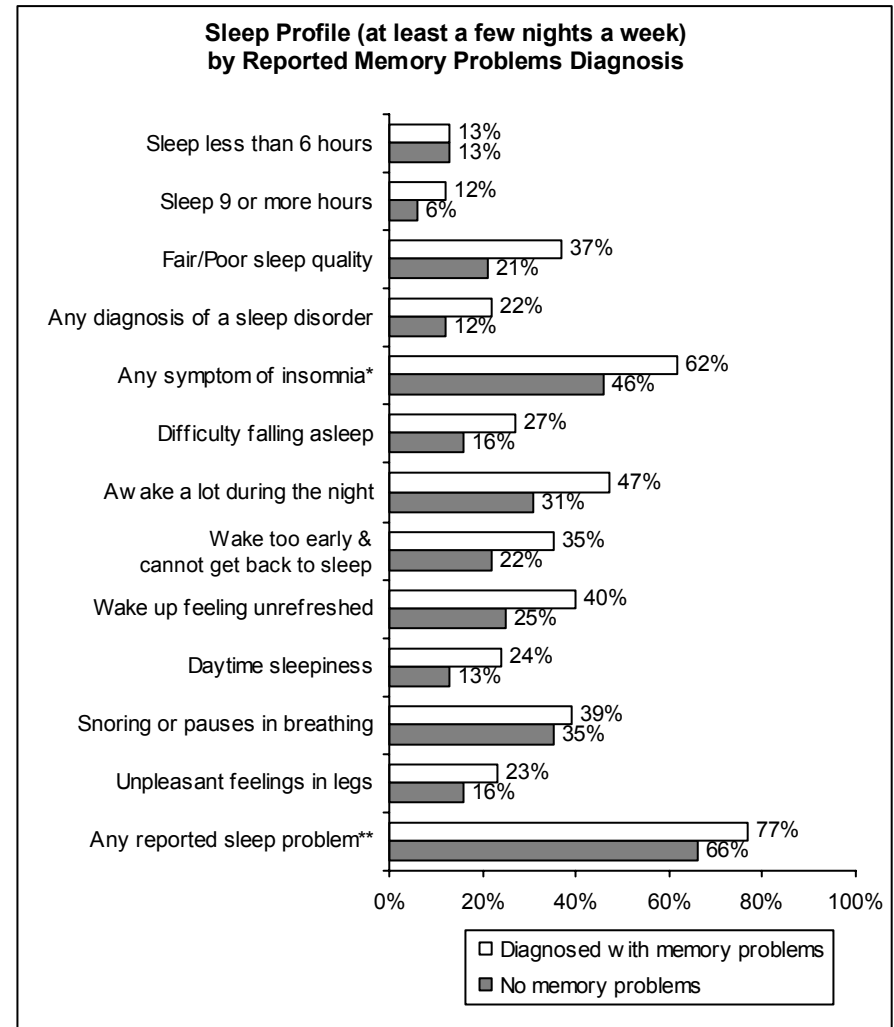
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report having been diagnosed with memory problems (11%) differ from those who have not been diagnosed in that they are more likely to:

- Sleep nine or more hours (12% vs. 6%);
- Report their sleep quality as fair or poor (37% vs. 21%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (22% vs. 12%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (62% vs. 46%);
- Report having difficulty falling asleep (27% vs. 16%);
- Report waking a lot during the night (47% vs. 31%);
- Report waking too early and cannot get back to sleep (35% vs. 22%);
- Report waking up feeling unrefreshed (40% vs. 25%);
- Report daytime sleepiness (24% vs. 13%);
- Report snoring or pauses in breathing (39% vs. 35%);
- Report unpleasant feelings in their legs (23% vs. 16%); and
- Report having a sleep problem (77% vs. 66%).



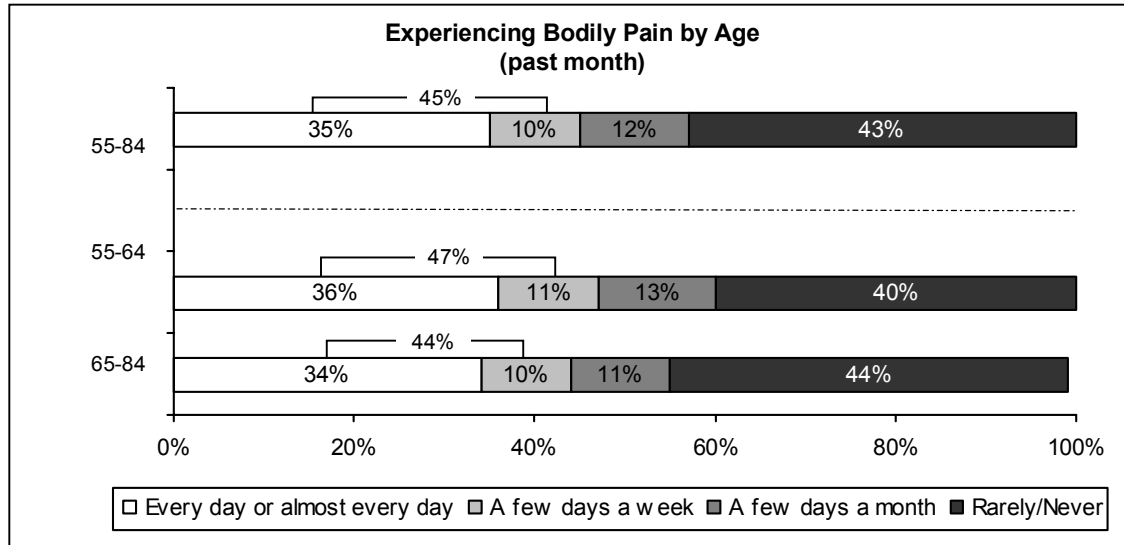
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

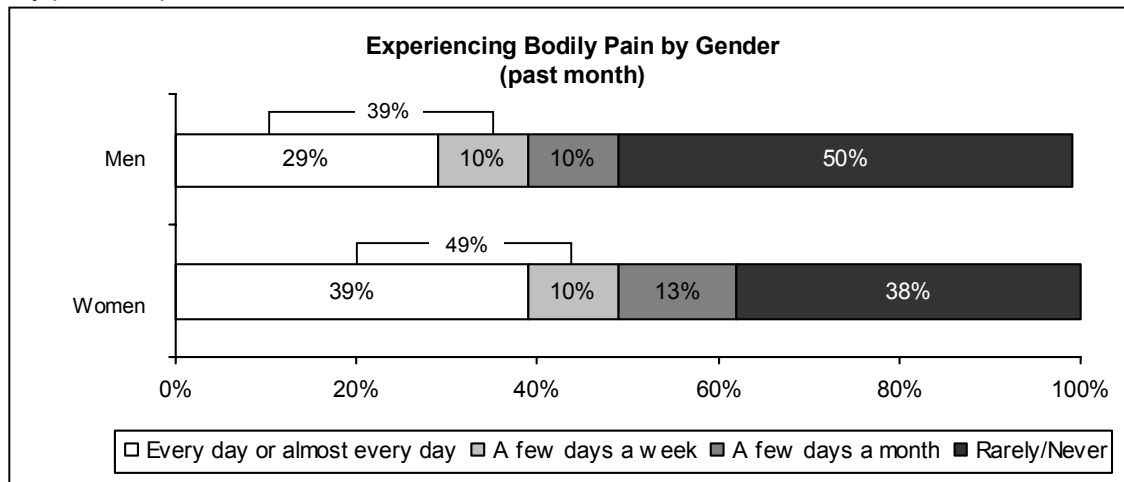


## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Among the adults surveyed, 45% report experiencing bodily pain at least a few days a week. About the same proportion (43%) report that they rarely or never experience bodily pain.



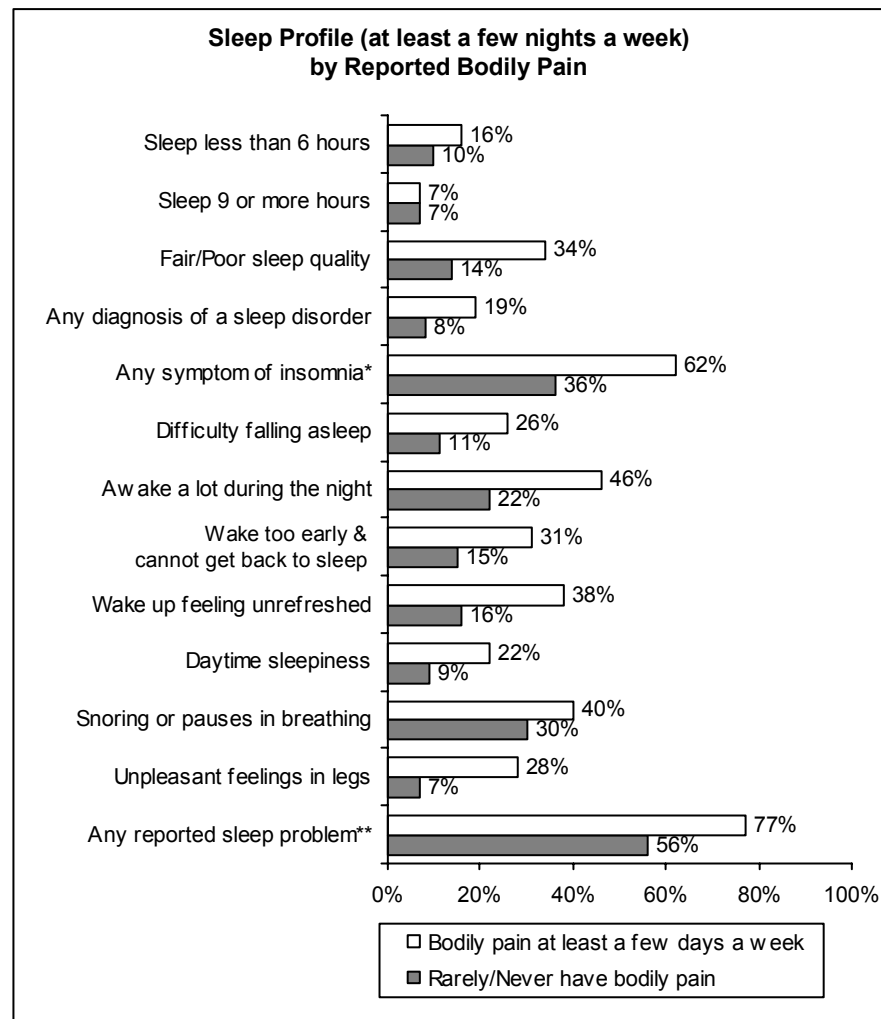
Women are more likely than men to report experiencing bodily pain at least a few days a week (49% vs. 39%, respectively), with 39% of women stating they experience bodily pain every day or almost every day compared to 29% of men. One-half of men (50%) say they rarely or never experience bodily pain compared to 38% of women.



## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who report experiencing bodily pain at least a few days a week (45%) differ from those who report rarely or never experiencing bodily pain in that they are more likely to:

- Sleep less than six hours (16% vs. 10%);
- Report their sleep quality as fair or poor (34% vs. 14%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (19% vs. 8%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (62% vs. 36%);
- Report having difficulty falling asleep (26% vs. 11%);
- Report waking a lot during the night (46% vs. 22%);
- Report waking too early and cannot get back to sleep (31% vs. 15%);
- Report waking up feeling unrefreshed (38% vs. 16%);
- Report daytime sleepiness (22% vs. 9%);
- Report snoring or pauses in breathing during sleep (40% vs. 30%);
- Report unpleasant feelings in their legs (28% vs. 7%); and
- Report having a sleep problem (77% vs. 56%).



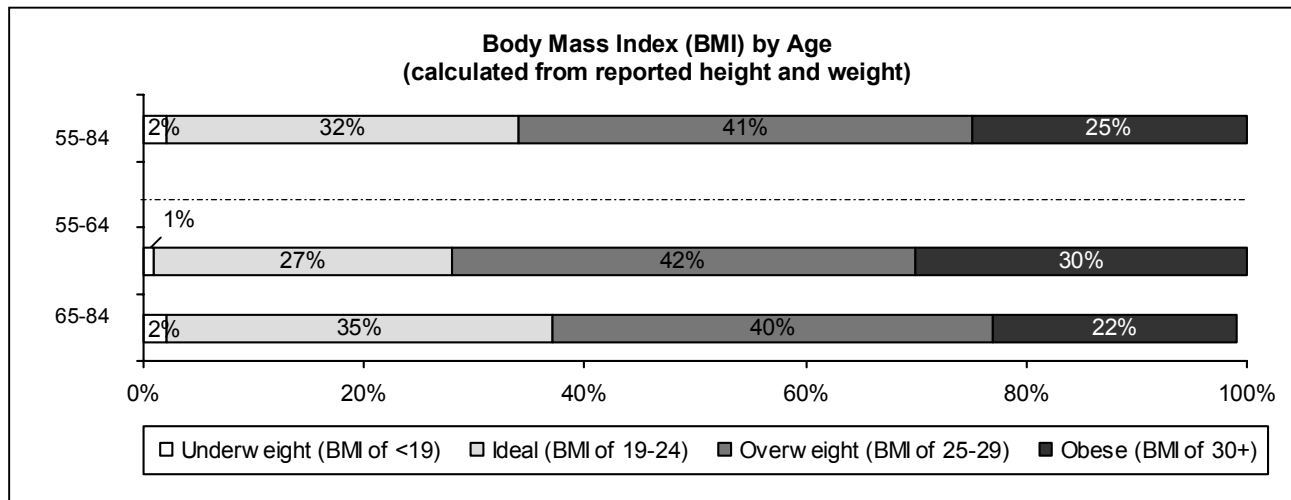
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults were asked their height and weight without shoes. These two measures were combined to determine their body mass index (BMI) as a ratio of weight to height ( $\text{kg}/\text{m}^2$ ). One-fourth of older adults (25%) are defined as obese (BMI of 30 or more) and another 41% are overweight (BMI of 25 – 29). Nearly one-third of older adults (32%) have an ideal BMI (19 – 24), and only 2% are defined as underweight (BMI of less than 19).

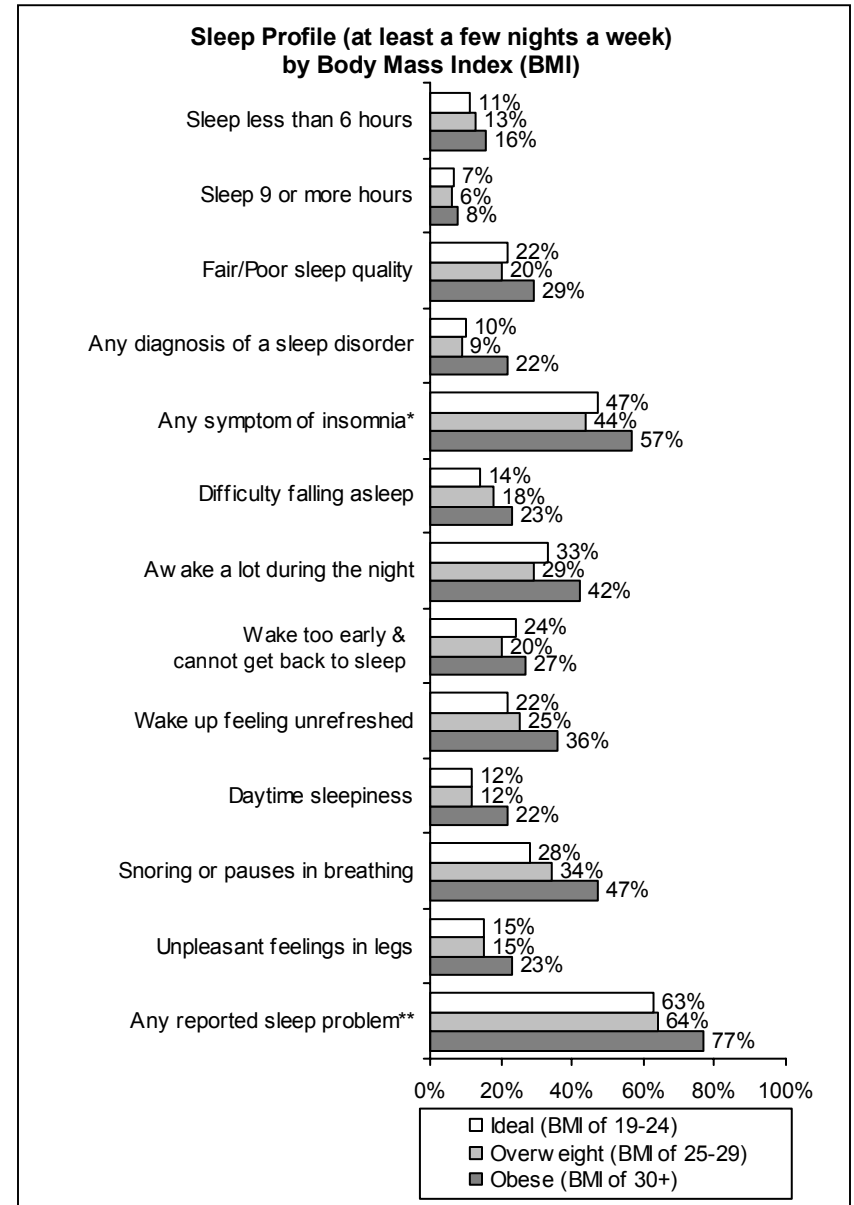
Women are more likely than men to have an ideal BMI (37% vs. 24%), while men are more likely to be defined as overweight compared to women (50% vs. 35%).



## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Older adults who are defined as obese (BMI of 30 or more) compared to those with an ideal body mass index (BMI of 19 – 24) and those who are overweight (BMI of 24 – 29) are more likely to:

- Report their sleep quality as fair or poor (29% vs. 22% and 20%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (22% vs. 10% and 9%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (57% vs. 47% and 44%);
- Report waking a lot during the night (42% vs. 33% and 29%);
- Report waking up feeling unrefreshed (36% vs. 22% and 25%);
- Report daytime sleepiness (22% vs. 12% each);
- Report snoring or pauses in breathing during sleep (47% vs. 28% and 34%);
- Report unpleasant feelings in their legs (23% vs. 15% each); and
- Report having a sleep problem (77% vs. 63% and 64%).



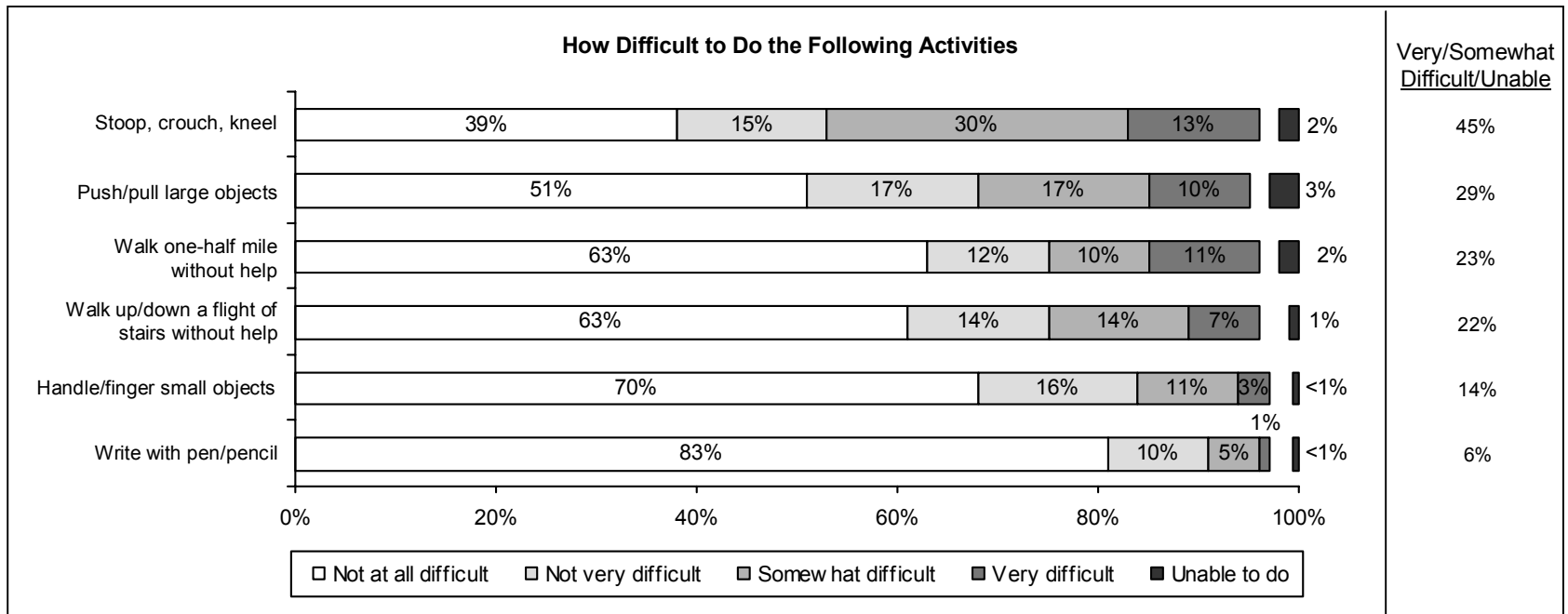
\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

When asked how difficult it is for them to do six activities, the most common task that older adults find difficult is stooping, crouching, or kneeling, with 45% finding this task somewhat or very difficult, or being unable to do it. The task older adults are next most likely to find difficult is pushing or pulling large objects (29%).

- About two in ten older adults find it somewhat or more difficult to walk a half-mile without help (23%). Approximately the same proportion find it difficult to walk up and down a flight of stairs without help (22%). Those who find either of the tasks very difficult or are unable to do one or both of these activities are considered to have ambulatory limitations.
- About one in ten older adults find it at least somewhat difficult to handle or finger small objects (14%) and/or write with a pen or pencil (6%).
- Women are significantly more likely than men to report finding it very difficult to stoop, crouch, or kneel (16%, vs. 10% of men), push or pull large objects (12% vs. 6%), walk one-half mile without help (14% vs. 8%), and walk up and down a flight of stairs without help (8% vs. 5%).



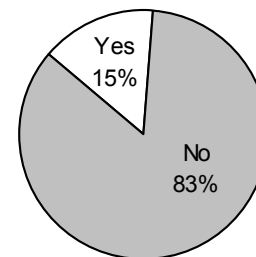
## Executive Summary – Medical/Physical Conditions and Sleep (cont'd)

Medical conditions often affect the physical functioning of older adults such that walking may become more difficult. Based on survey responses, about one in seven older adults (15%) report ambulatory limitations, defined as finding it very difficult or being unable to walk one-half mile without help and/or walk up and down a flight of stairs without help.

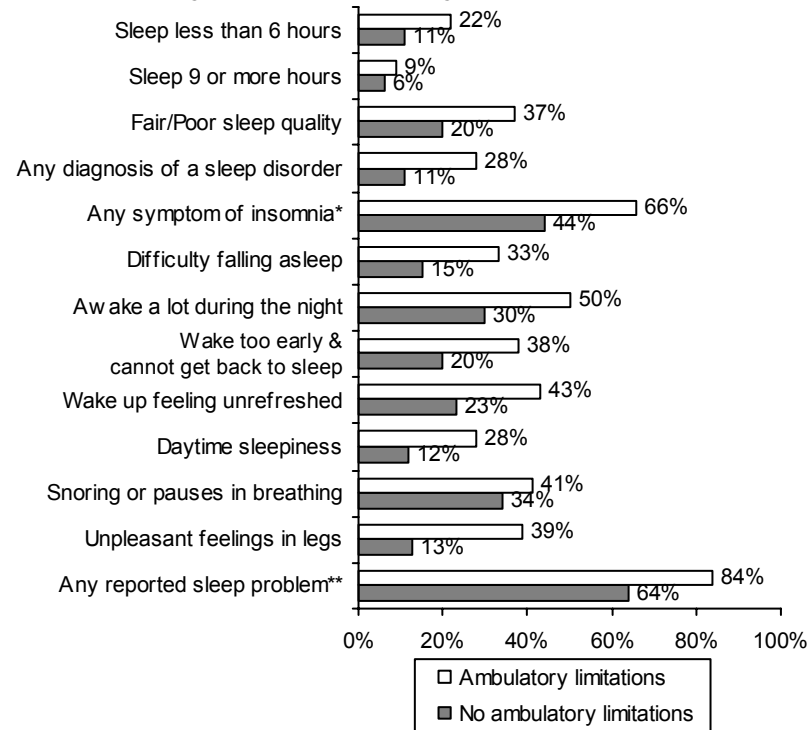
Older adults with ambulatory limitations differ from those without these limitations in that they are more likely to:

- Sleep less than six hours (22% vs. 11%);
- Sleep nine or more hours (9% vs. 6%);
- Report their sleep quality as fair or poor (37% vs. 20%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (28% vs. 11%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (66% vs. 44%);
- Report having difficulty falling asleep (33% vs. 15%);
- Report waking a lot during the night (50% vs. 30%);
- Report waking too early and cannot get back to sleep (38% vs. 20%);
- Report waking up feeling unrefreshed (43% vs. 23%);
- Report daytime sleepiness (28% vs. 12%);
- Report unpleasant feelings in their legs (39% vs. 13%); and
- Report having a sleep problem (84% vs. 64%).

### Very Difficult or Unable to Walk One-Half Mile and/or Up And Down a Flight of Stairs Without Help



### Sleep Profile (at least a few nights a week) by Reported Ambulatory Limitations



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle

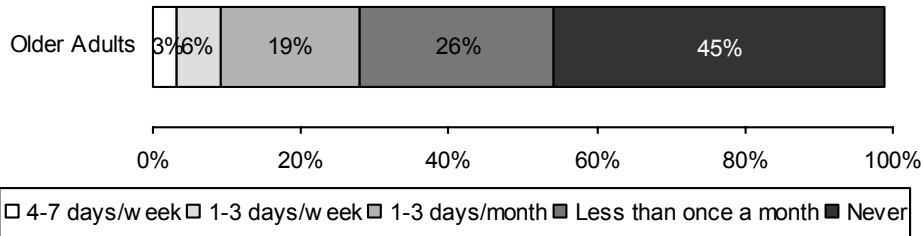
Older adults were asked various mood, outlook and lifestyle-related questions. Issues that were found to be associated with sleep are reported in this section.

When asked how often in the past month they felt down, depressed, or hopeless, many older adults report they never feel this way (45%). On the other hand, 28% report feeling this way at least once a month.

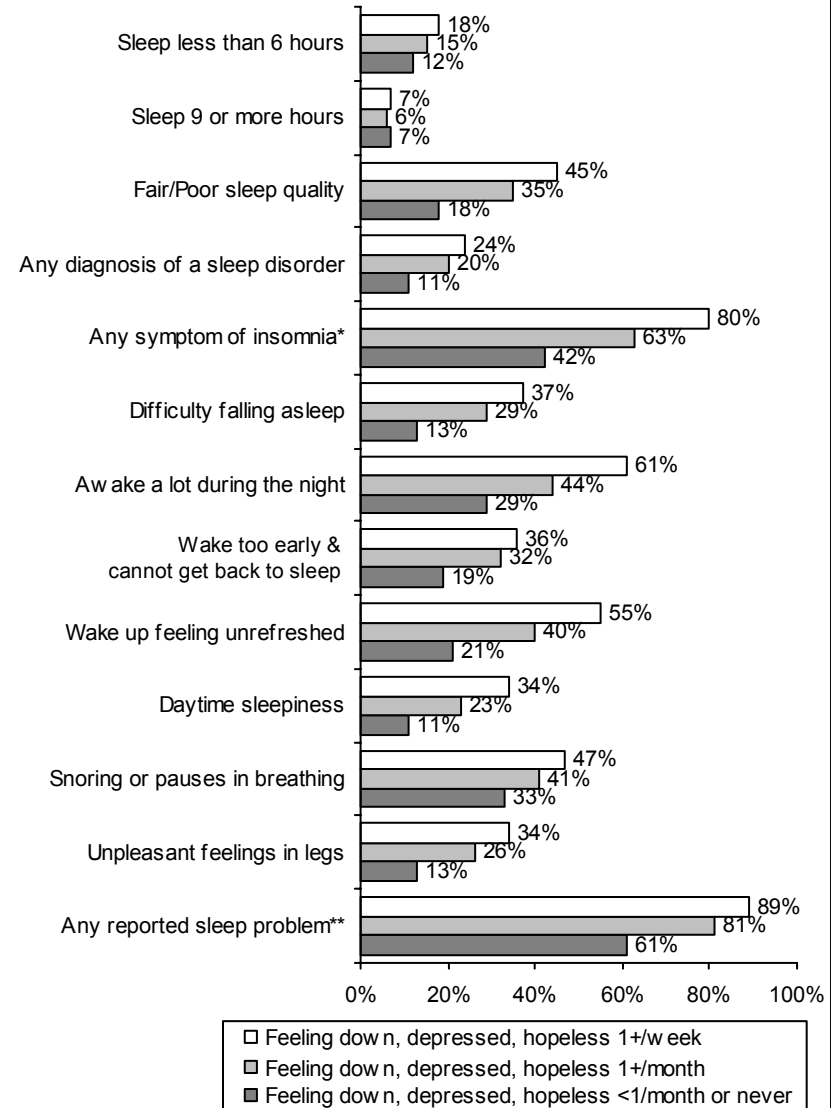
Those who report feeling down, depressed, or hopeless at least once a week or at least once a month differ from those who report feeling this way less than once a month or never in that they are more likely to:

- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (80% vs. 63%, 42%);
- Report waking a lot during the night (61% vs. 44%, 29%);
- Report waking up feeling unrefreshed (55% vs. 40%, 21%);
- Report daytime sleepiness (34% vs. 23%, 11%); and
- Report having a sleep problem (89% vs. 81%, 61%).

**Feeling Down, Depressed, Hopeless (past month)**



**Sleep Profile (at least a few nights a week) by Those Who Report Feeling Down, Depressed, or Hopeless**



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

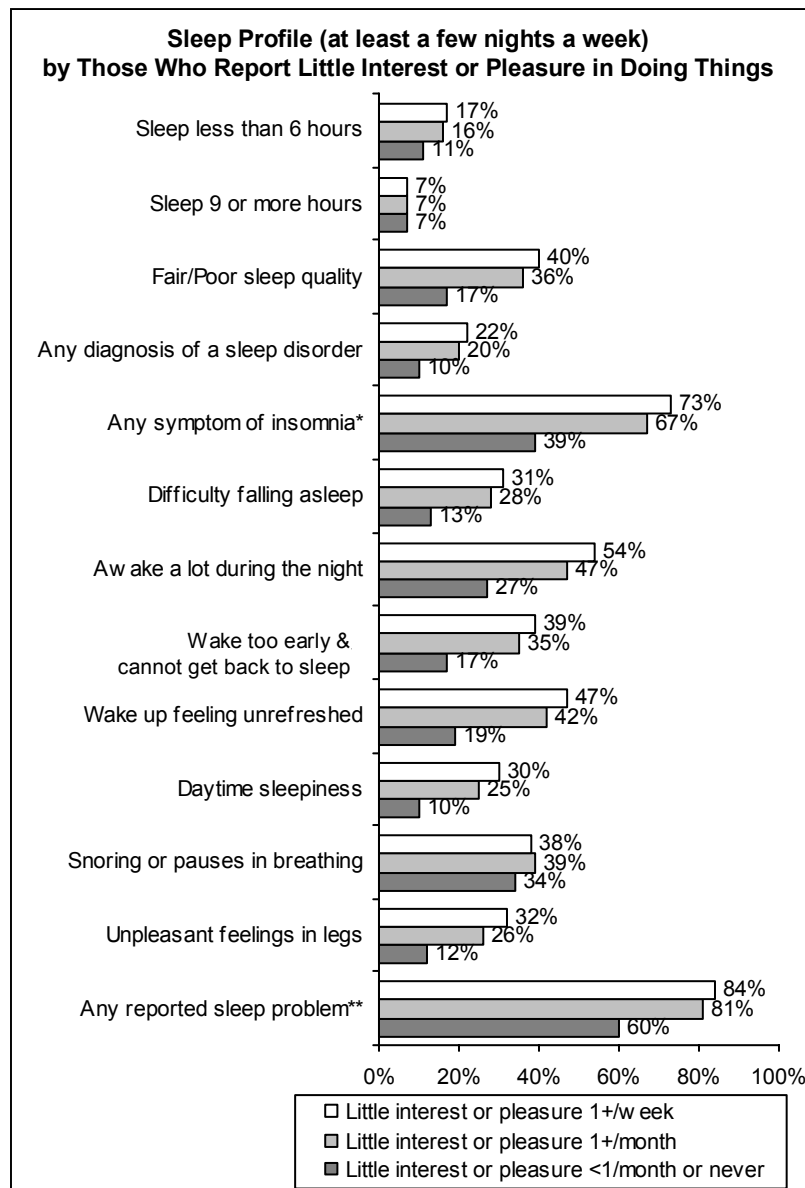
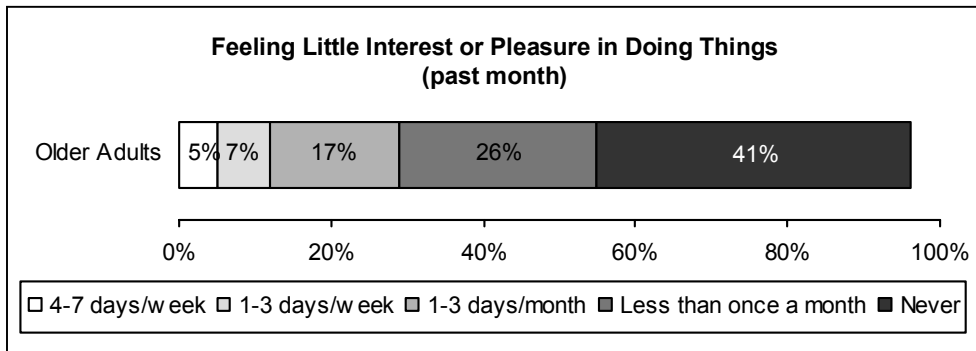
\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

When asked how often in the past month they have felt little interest or pleasure in doing things, the majority of older adults report this is never the case (41%) or occurs less than once a month (26%). On the other hand, about one in eight (12%) report feeling this way at least once a week.

Those who report feeling little interest or pleasure in doing things at least once a week differ from those who report feeling that way less than once a month or never in that they are more likely to:

- Sleep less than six hours (17% vs. 11%);
- Report their sleep quality as fair or poor (40% vs. 17%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (22% vs. 10%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (73% vs. 39%);
- Report having difficulty falling asleep (31% vs. 13%);
- Report waking a lot during the night (54% vs. 27%);
- Report waking too early and cannot get back to sleep (39% vs. 17%);
- Report waking up feeling unrefreshed (47% vs. 19%);
- Report daytime sleepiness (30% vs. 10%);
- Report unpleasant feelings in their legs (32% vs. 12%); and
- Report having a sleep problem (84% vs. 60%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

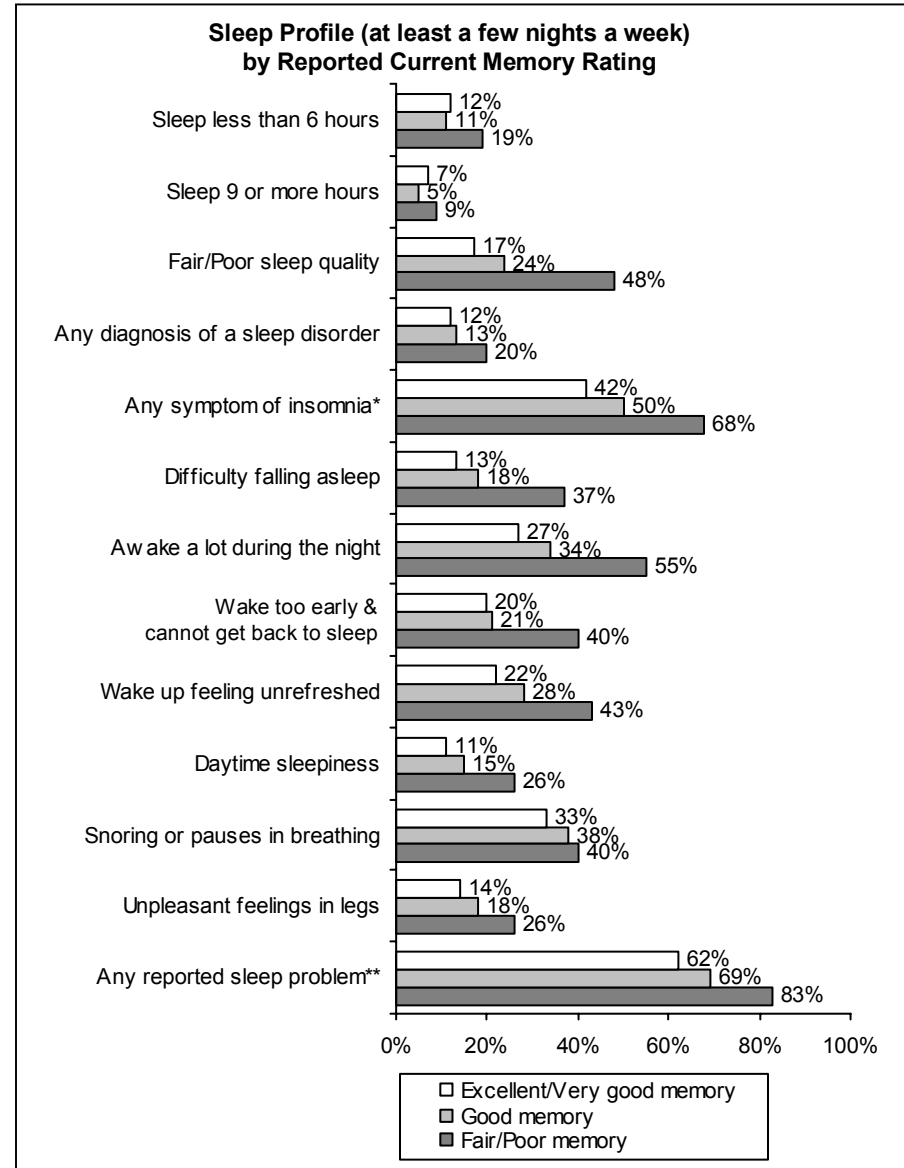
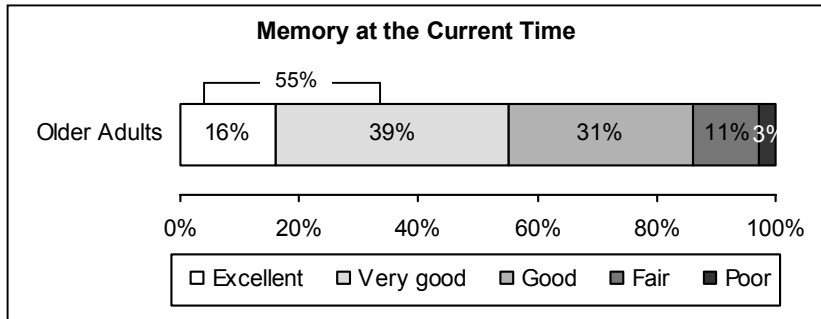


## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

The vast majority of older adults (86%) rate their memory at the current time as good or better. However, 14% rate their memory as fair or poor.

Those who rate their memory as fair or poor differ from those who rate their memory as excellent or very good in that they are more likely to:

- Sleep less than six hours (19% vs. 12%);
- Report their sleep quality as fair or poor (48% vs. 17%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (20% vs. 12%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (68% vs. 42%);
- Report having difficulty falling asleep (37% vs. 13%);
- Report waking a lot during the night (55% vs. 27%);
- Report waking too early and cannot get back to sleep (40% vs. 20%);
- Report waking up feeling unrefreshed (43% vs. 22%);
- Report daytime sleepiness (26% vs. 11%);
- Report unpleasant feelings in their legs (26% vs. 14%); and
- Report having a sleep problem (83% vs. 62%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

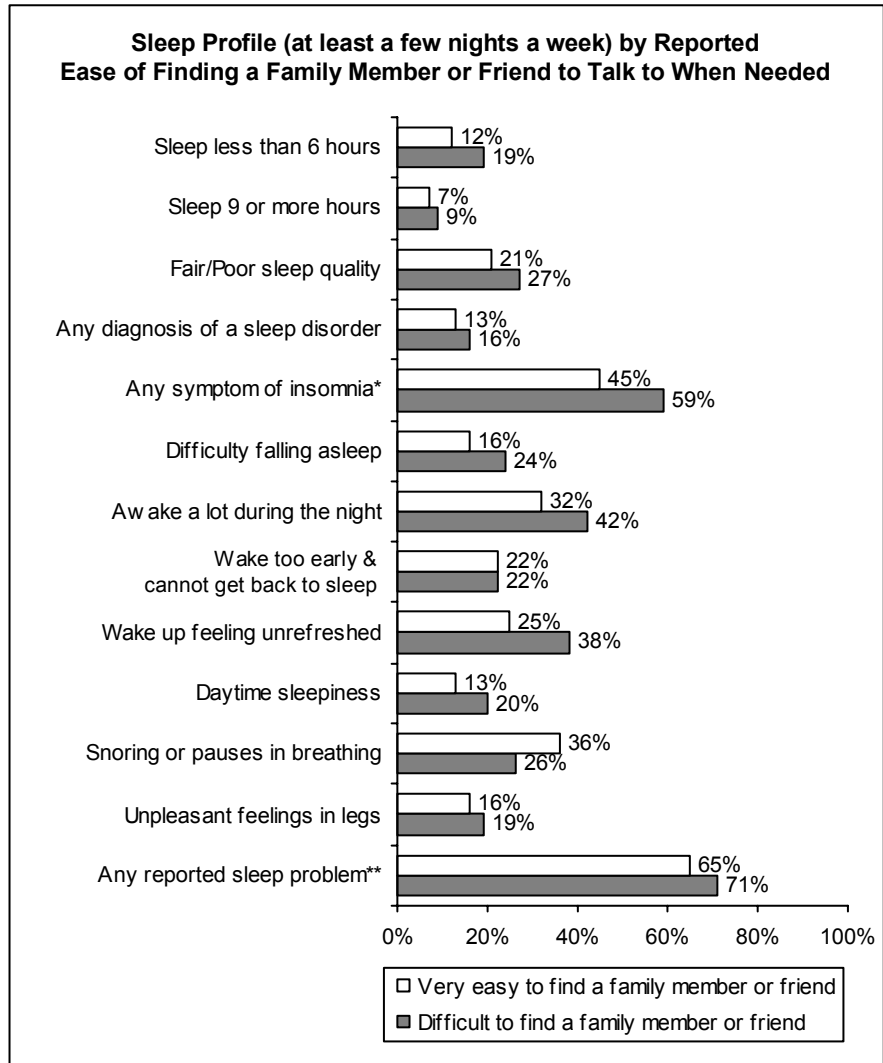
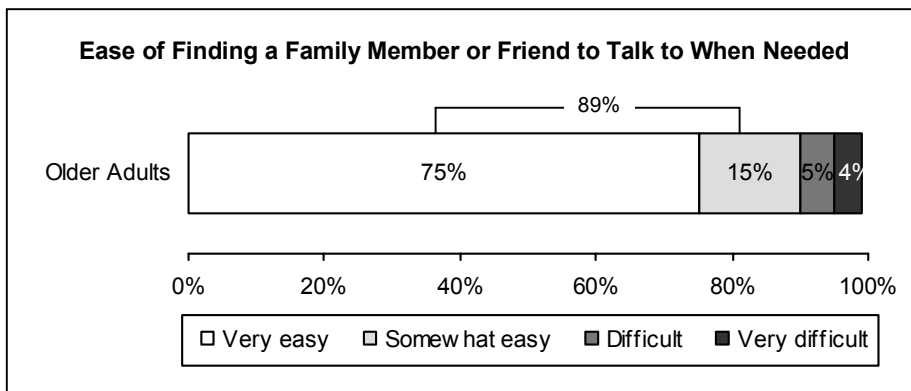
## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

The majority of older adults (89%) state that it is very or somewhat easy for them to find a family member or friend to talk to when they have a problem or feel the need to talk with someone. In fact, 75% of older adults feel it is very easy for them to find a family member or friend to talk to when needed.

Those who find it difficult to find a family member or friend to talk to when needed differ from those who find it very easy in that they are more likely to:

- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (59% vs. 45%);
- Report having difficulty falling asleep (24% vs. 16%);
- Report waking a lot during the night (42% vs. 32%); and
- Report waking up feeling unrefreshed (38% vs. 25%).

However, they are less likely to report snoring or pauses in breathing during sleep (26% vs. 36%).

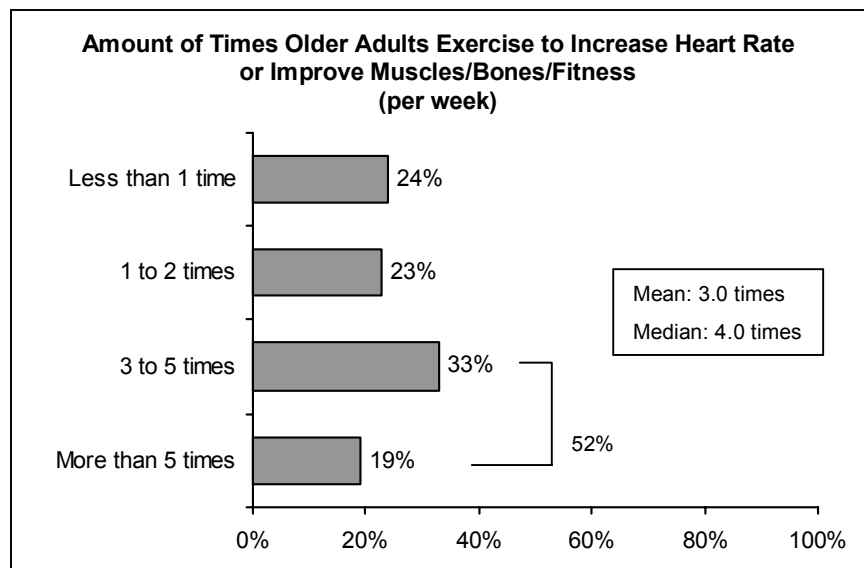


\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

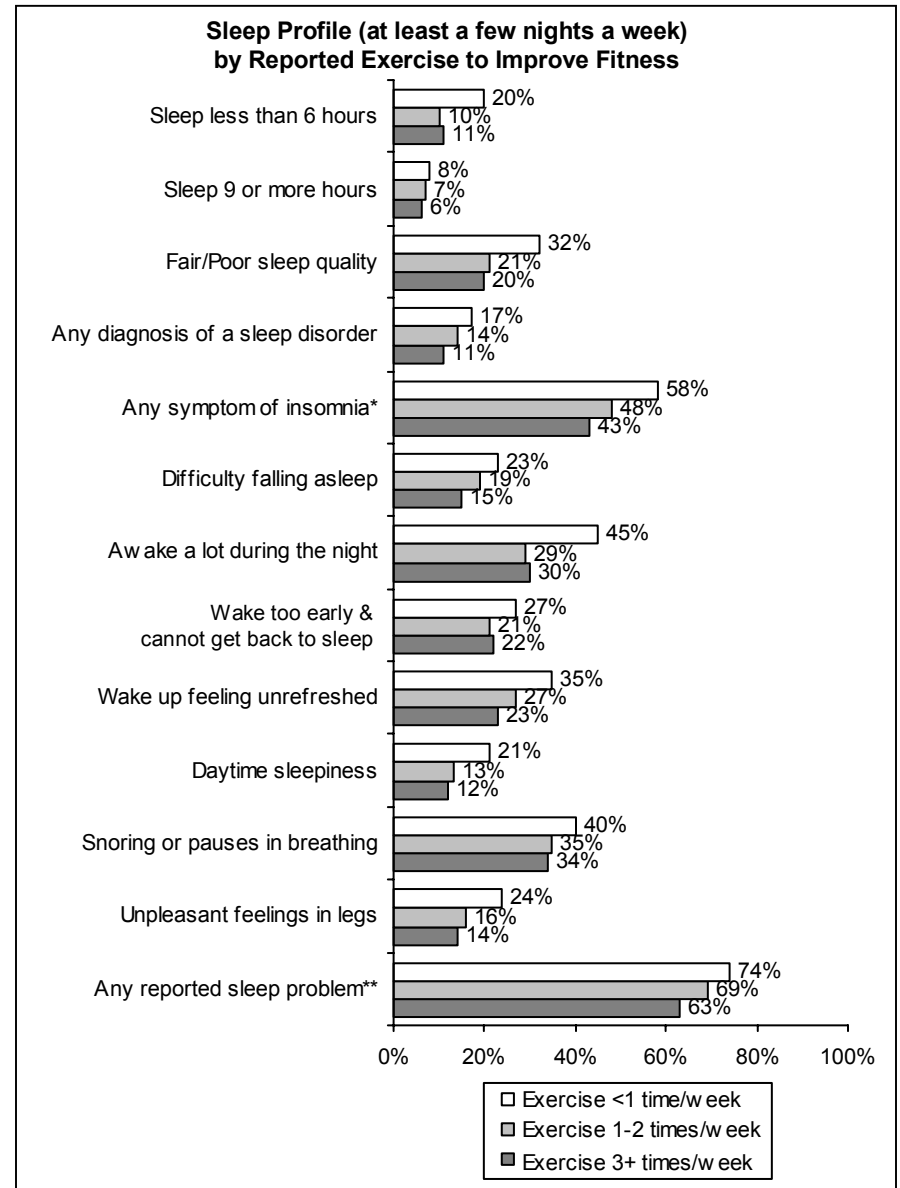
Exercise can play an important role in preventing and treating medical conditions and sleep problems among older adults. Older adults were asked how often they engage in exercise that increases their heart rate or that helps to improve their muscles, bones, or overall fitness. About one-half of older adults (52%) report exercising to improve fitness three or more times a week. About one-fourth (24%) report exercising less than once a week. Men are more likely than women to report exercising more than five times per week (22% vs. 17%).



## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

Older adults who exercise less than once per week differ from those who exercise three or more times per week in that they are more likely to:

- Sleep less than six hours (20% vs. 11%);
- Report their sleep quality as fair or poor (32% vs. 20%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (17% vs. 11%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (58% vs. 43%);
- Report having difficulty falling asleep (23% vs. 15%);
- Report waking a lot during the night (45% vs. 30%);
- Report waking up feeling unrefreshed (35% vs. 23%);
- Report daytime sleepiness (21% vs. 12%);
- Report unpleasant feelings in their legs (24% vs. 14%); and
- Report having a sleep problem (74% vs. 63%).

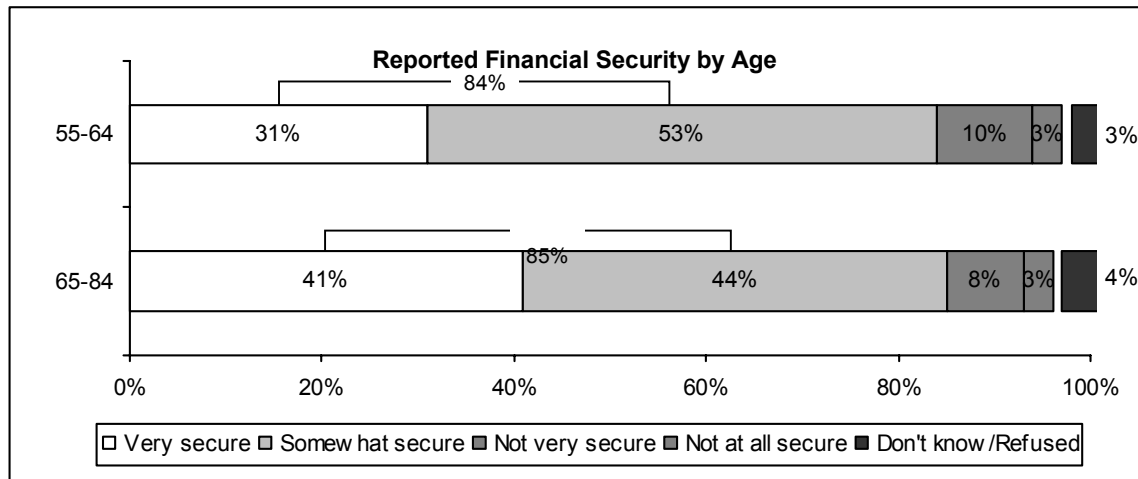


\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

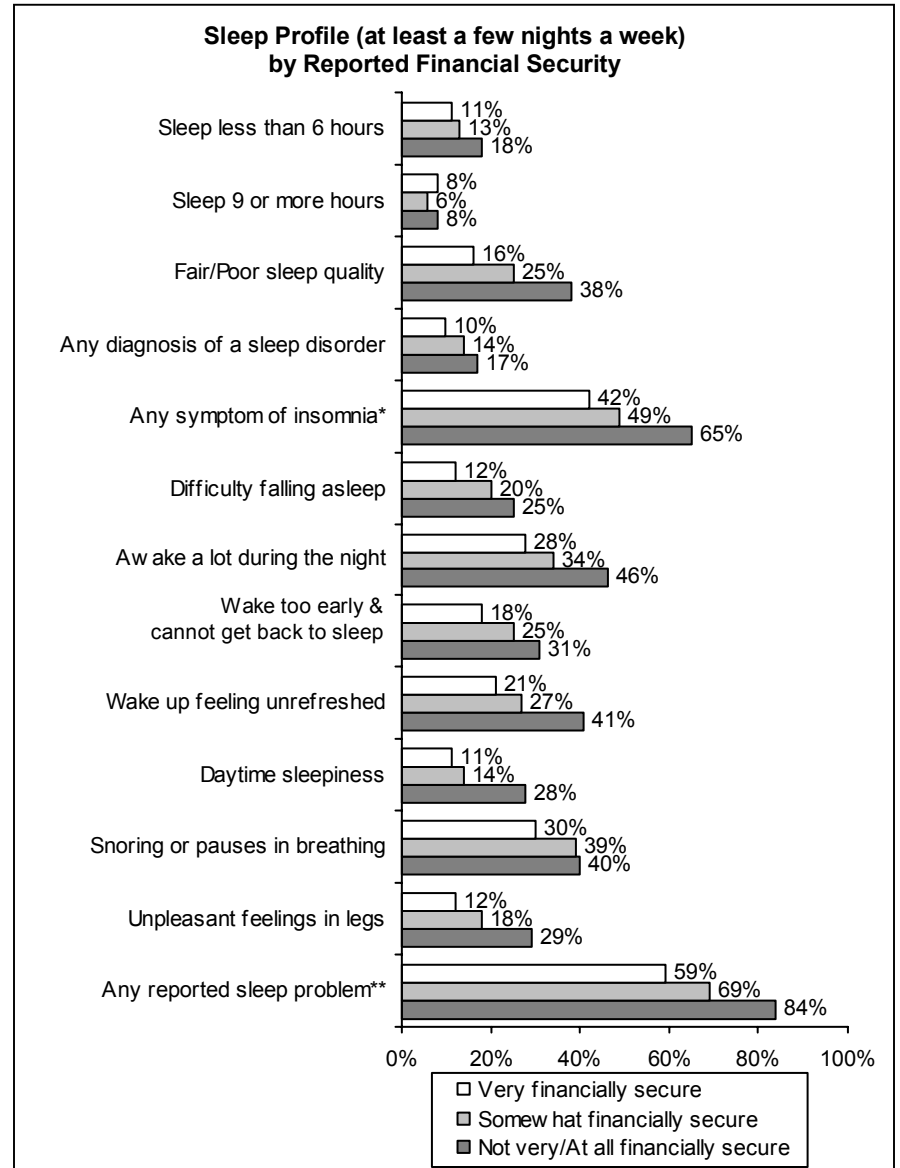
The majority of 55-64 year-olds (84%) and 65-84 year-olds (85%) feel very or somewhat financially secure at the current time. In fact, 31% of 55-64 year-olds and 41% of 65-84 year-olds feel very secure.



## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

Those who feel not very or not at all financially secure differ from those who feel very financially secure in that they are more likely to:

- Sleep less than six hours (18% vs. 11%);
- Report their sleep quality as fair or poor (38% vs. 16%);
- Have a diagnosis of a sleep disorder, such as insomnia, sleep apnea, or restless legs syndrome (17% vs. 10%);
- Report experiencing a symptom of insomnia, such as difficulty falling asleep, waking a lot during the night, waking too early and cannot get back to sleep, and waking up feeling unrefreshed (65% vs. 42%);
- Report having difficulty falling asleep (25% vs. 12%);
- Report waking a lot during the night (46% vs. 28%);
- Report waking too early and cannot get back to sleep (31% vs. 18%);
- Report waking up feeling unrefreshed (41% vs. 21%);
- Report daytime sleepiness (28% vs. 11%);
- Report snoring or pauses in breathing during sleep (40% vs. 30%);
- Report unpleasant feelings in their legs (29% vs. 12%); and
- Report having a sleep problem (84% vs. 59%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

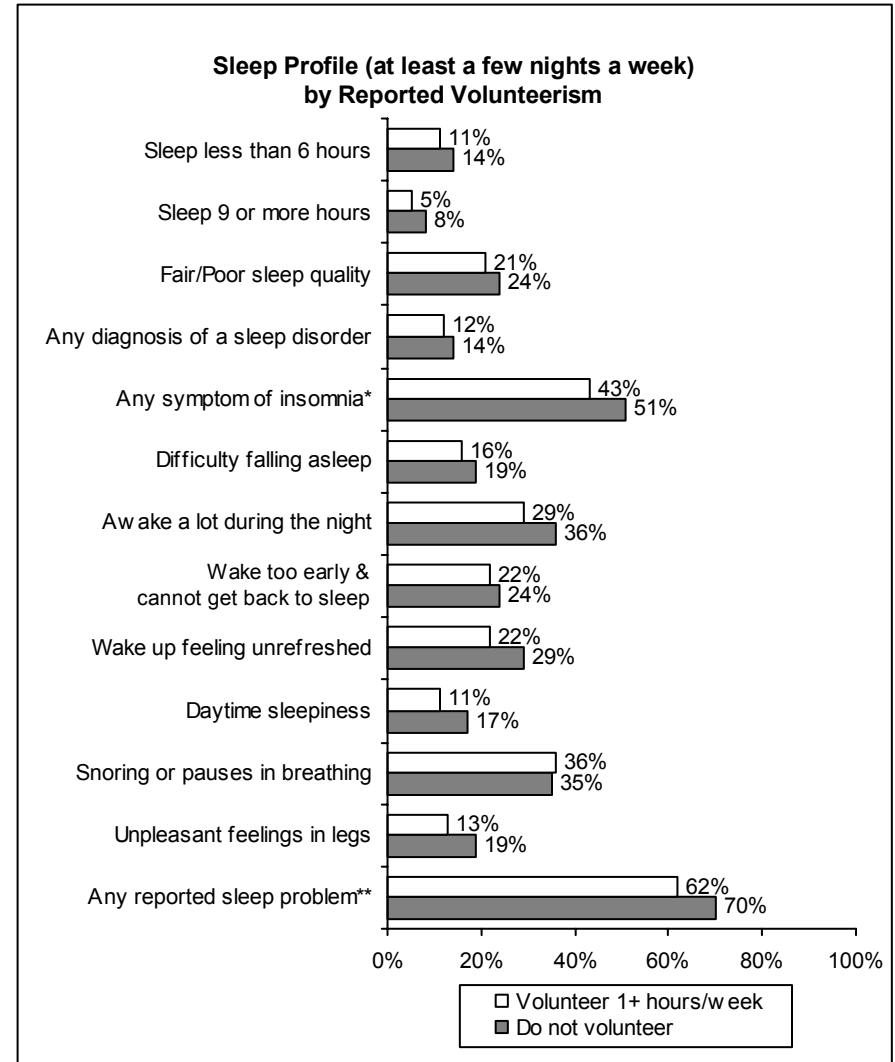
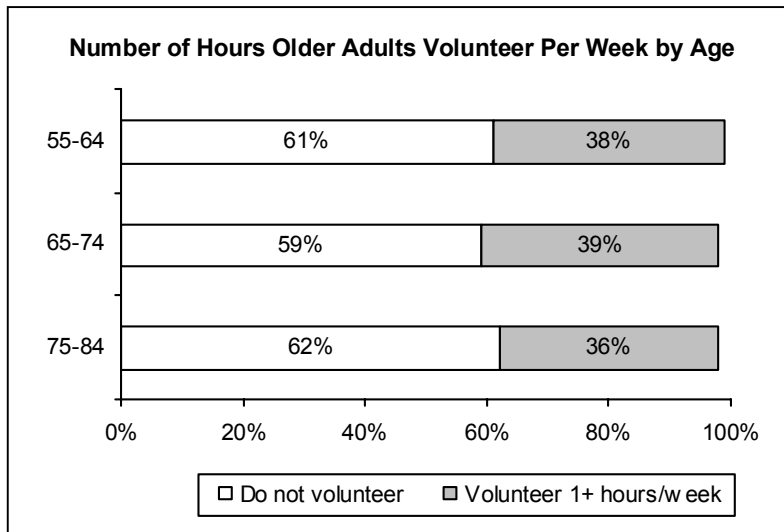
\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.

## Executive Summary – Sleep in Relation to Mood, Outlook and Lifestyle (cont'd)

About four in ten older adults (39%) report that they volunteer at least an hour per week.

Those who do not volunteer differ from those who volunteer at least one hour per week in that they are more likely to:

- Report waking a lot during the night (36% vs. 29%);
- Report waking up feeling unrefreshed (29% vs. 22%);
- Report daytime sleepiness (17% vs. 11%);
- Report unpleasant feelings in their legs (19% vs. 13%); and
- Report having a sleep problem (70% vs. 62%).



\*Any symptom of insomnia includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, and waking up feeling unrefreshed.

\*\*Any reported sleep problem includes: Difficulty falling asleep, waking a lot during the night, waking up too early and cannot get back to sleep, waking up feeling unrefreshed, snoring, pauses in breathing, and unpleasant feelings in legs.