



NATIONAL SLEEP
FOUNDATION



2010 *Sleep in America* Poll

Summary of Findings

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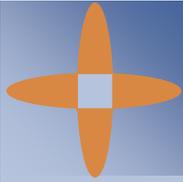
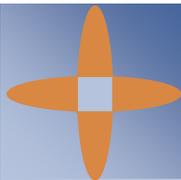


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Objectives

The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey of Americans who identify themselves as White, Black, Asian or Hispanic – the NSF 2010 *Sleep in America* poll.

The primary objectives of this research were to answer the following questions:

1. To raise public and media awareness about the importance of sleep to health, safety, productivity and well-being.
2. To compare sleep habits and bedtime routines across different ethnic groups.
3. To compare attitudes and knowledge about sleep across different ethnic groups.
4. To measure how often adults experience sleep problems/disorders across different ethnic groups.
5. To measure how work schedule and other factors impact sleep.
6. To investigate how daytime sleepiness affects adult lifestyles.
7. To investigate the relationship between sleep habits, behavior and quality of life factors such as marital satisfaction, job satisfaction, overall well-being.
8. To investigate attitudes and behaviors about the relationship between sleep and health across different ethnic groups.

NSF wishes to acknowledge the volunteer work of the members of its 2010 Poll Task Force. In appreciation of task force members:

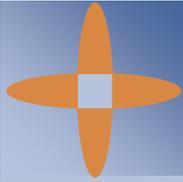
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Background, Purpose and Methodology

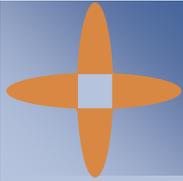
In order to collect the information, a total of 1,007 telephone interviews were conducted among a sample of Americans. In order to qualify for this study, respondents had to be between the ages of 25-60 and identify themselves as White, Black, Asian or Hispanic. All households surveyed were within the continental United States. The survey averaged 16.6 minutes in length.

A nationally representative sample of telephone numbers was purchased from SDR Consulting, Inc., using random, listed and cell phone sample. The cell phone sample included only random digit dialing (RDD) sample nationally. The sample targeted those between 25 and 60 years of age. Within the listed sample, each ethnic group was targeted to provide equal representation across the four ethnic groups. Specifically, the Black population was targeted by the African-American Census Tract, the Asian population was targeted by Asian surnames, and the Hispanic population was targeted by Hispanic surnames.

Professional interviewers called from WB&A's telephone interviewing facilities located in Crofton, Maryland and Ithaca, New York. Most of the interviewing was conducted on weekdays between 5:00 pm and 9:00 pm, Saturdays between 10:00 am and 2:00 pm, and Sundays between 4:00 pm and 8:00 pm. The remaining interviews were conducted on weekdays between 9:00 am and 5:00 pm.

In survey research, the entire population is typically not interviewed, but rather a sample of that population is polled. Therefore, the data are subject to sampling error. The maximum sampling error of the data for the total sample of 1,007 interviews is ± 3.1 percentage points at the 95% confidence level. The sampling error will vary depending on the sample size and the percentages being examined in the sample. For more detail on the sampling error, please see the Appendix.

Quotas	Completed Interviews	
	(number of respondents)	(%)
Ethnic/Racial Background		
White/Caucasian	255	25%
Black/African American	250	25%
Asian	252	25%
Hispanic	250	25%
TOTAL	1,007	100%



Background, Purpose and Methodology (continued)

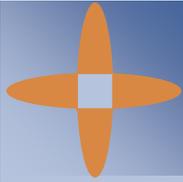
Upon completion, interviews were edited, coded, keypunched, and the data were then computer cross-tabulated. All of the study percentages have been rounded to the nearest whole percentage.

Notes when reading this report:

- + Percentages may not add up to 100% due to rounding.
- + Those who considered themselves as White/Caucasian, Black/African-American or Asian did not indicate any other race or ethnic classifications. However, Hispanics were able to identify themselves as such (through a yes/no question) as well as another race or ethnic classification through a follow-up demographic question.
- + In an effort to eliminate the known impact of age on the study results, the four ethnic groups were weighted based on age. Each ethnic group was weighted to be comparable to overall U.S. Census data (2008 estimates). The table below shows the weighted proportions of each age group by ethnicity.

Age				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
n =	(255)	(250)	(252)	(250)
25-29	12%	12%	12%	12%
30-39	31	31	31	31
40-49	28	28	28	28
50-60	25	25	25	25
Refused	4	4	4	4
Mean	41.9	42.2	41.8	42.0
Median	41.0	42.0	41.0	42.0

- + All surveys were conducted with the respondents themselves, either in English or Spanish (13% of Hispanic interviews), via telephone. A sample of cell phones (19% of interviews of the random sample) was included with landline telephones in an attempt to reach the younger population.



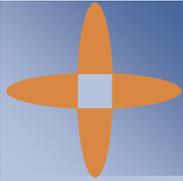
Background, Purpose and Methodology (continued)

- + Significant differences at the 95% confidence level are shown between subgroups of the Total Sample through the use of letters. For example, if a significant difference was found between Whites and Blacks, there would be a “B” with the percentage if Whites were found to be significantly more likely to have given that survey answer. Likewise, there would be a “C” with the percentage if Blacks were found to be significantly more likely to have given that survey answer.
- + Throughout this report, certain tables and charts contain what are referred to as “nets.” Nets are the percentage of respondents who share similar characteristics. For example, a net might represent the percentage of respondents who cite any comments relating to sleep aids (either prescription or over-the-counter). On questions which allow multiple responses, the net may be a smaller percentage than the sum of the comments included in the net. This is because the net represents the proportion of respondents who made any of the included comments, not the proportion of responses.
- + As can be seen in the objectives on the previous page, the focus of this year’s poll is Sleep and Ethnicity. As a result, the analysis of the ethnic groups focuses on comparisons between the four ethnic groups.

What follows is a summary of the results of this research.



Findings

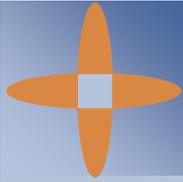


Daily Activities

All respondents were asked how often they performed the activities outlined in the table below in the hour before they went to bed, using a scale of every night or almost every night, a few nights a week, a few nights a month, rarely or never.

Overall, between the ethnic groups analyzed there were several differences in the activities performed within the hour before they went to bed.

- + While watching TV was the activity most often performed every night or almost every night for all ethnic groups within one hour of going to bed, Asians were less likely than their counterparts to report doing so (52% vs. 75% Blacks, 72% Hispanics and 64% Whites).
- + Asians were much more likely to have been on the computer or Internet every night or almost every night than the other ethnic groups in the hour before bed (51% vs. 22% Whites, 20% Blacks and 20% Hispanics).
- + Meanwhile, Blacks were much more likely to have reported praying or doing another religious activity during this time every night or almost every night than their counterparts (71% vs. 45% Hispanics, 32% Whites and 18% Asians).
- + Hispanics tended to complete household chores every night or almost every night more often in the hour before bed time than their counterparts (41% vs. 33% Blacks, 25% Whites and 24% Asians).
- + Blacks (10%) and Hispanics (10%) were both more likely to report having sex every night or almost every night in the one hour before they went to bed than Whites (4%) and Asians (1%).
- + Asians were the least likely ethnic group to have consumed alcohol within one hour of bed time every night or almost every night (1% vs. 7% Whites, 4% Blacks and 4% Hispanics).



Daily Activities (continued)

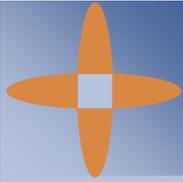
Activities Performed Within One Hour of Going to Bed in the Past Month				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
Every night/Almost every night				
Net: Any	93%	99% _{BDE}	93%	95%
Watched TV	64 _D	75 _{BD}	52	72 _D
Were on the computer or Internet	22	20	51 _{BCE}	20
Completed household chores	25	33	24	41 _{BD}
Prayed or done another religious practice	32 _D	71 _{BDE}	18	45 _{BD}
Read	23	23	28	21
Did activities with friends or family	21	17	17	20
Had sex	4 _D	10 _{BD}	1	10 _{BD}
Did work relating to my job ¹	9	17	16	13
Listened to the radio or music	11	18	14	12
Exercised	4	9	8	12 _B
Drank an alcoholic beverage	7 _D	4 _D	1	4 _D

Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

¹Base = Those who are employed (White n=187; Black n=161; Asian n=175; Hispanic n=177)

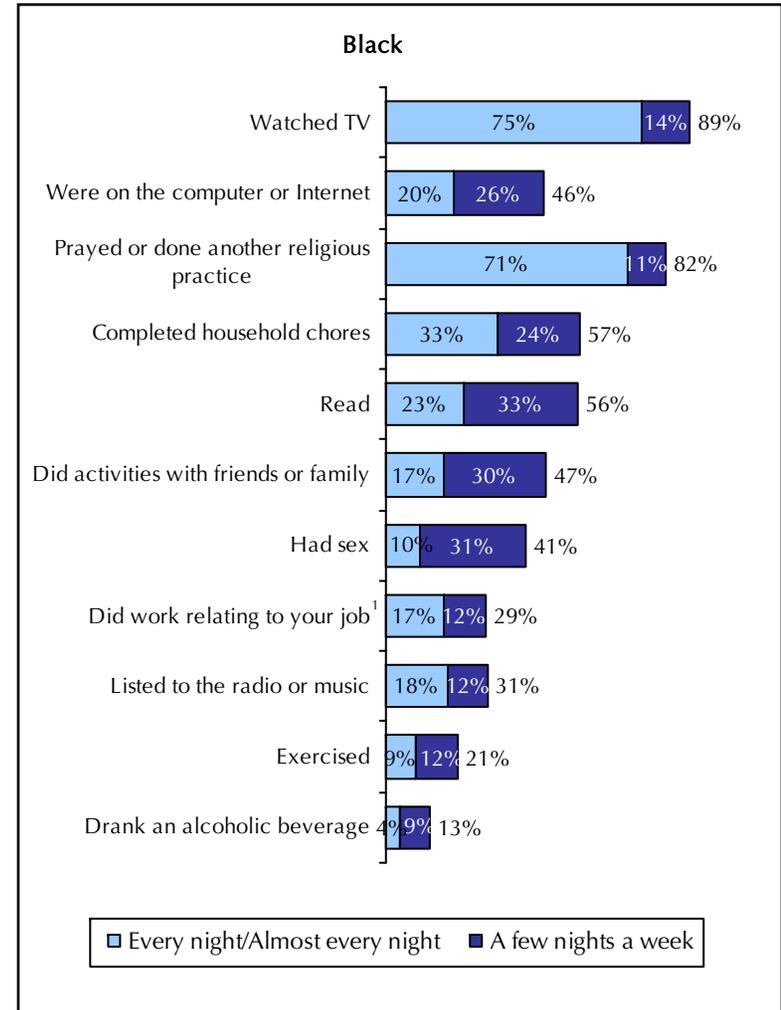
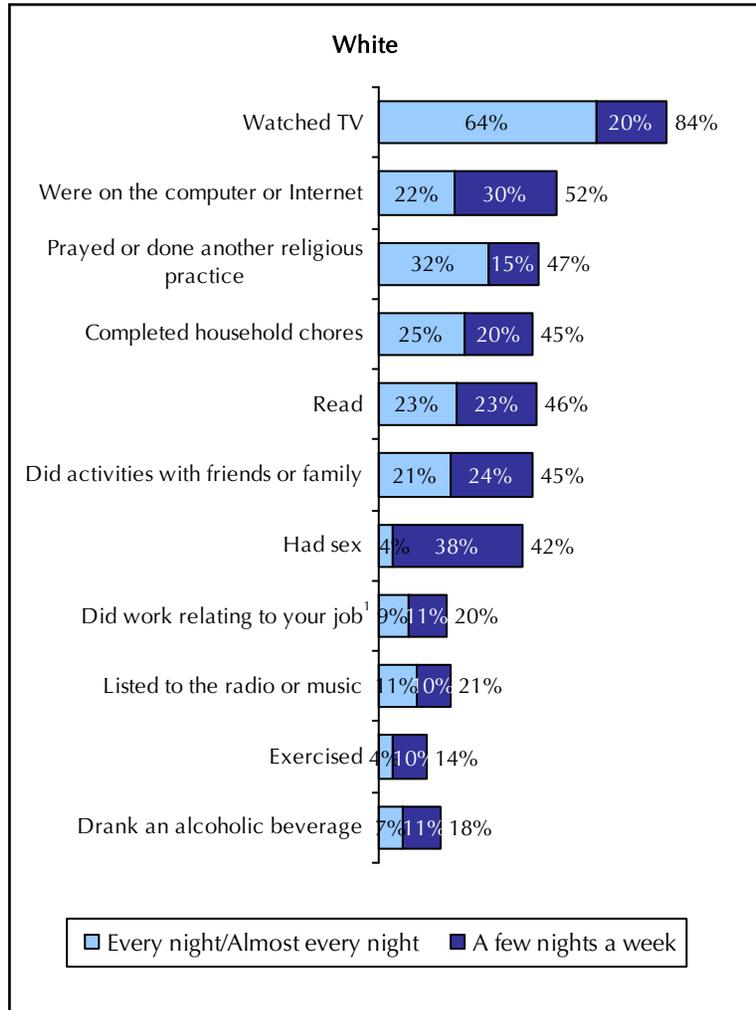
Letters indicate significant differences at the 95% confidence level.

Q11

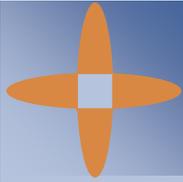


Daily Activities (continued)

Activities Performed Within One Hour of Going to Bed in the Past Month

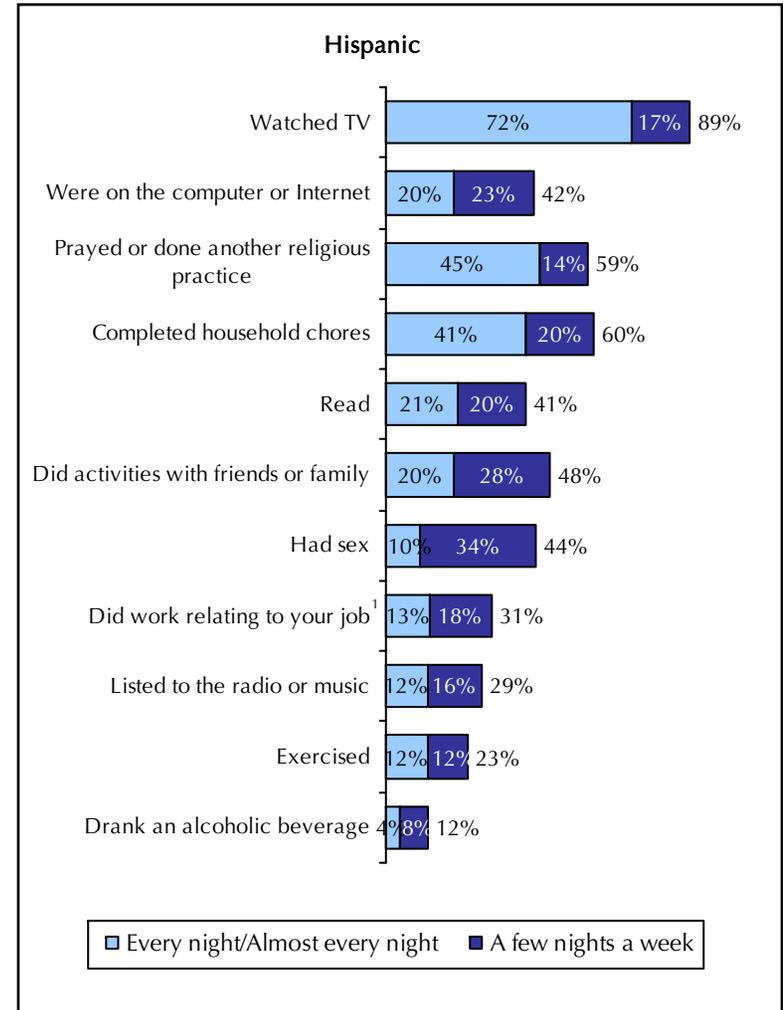
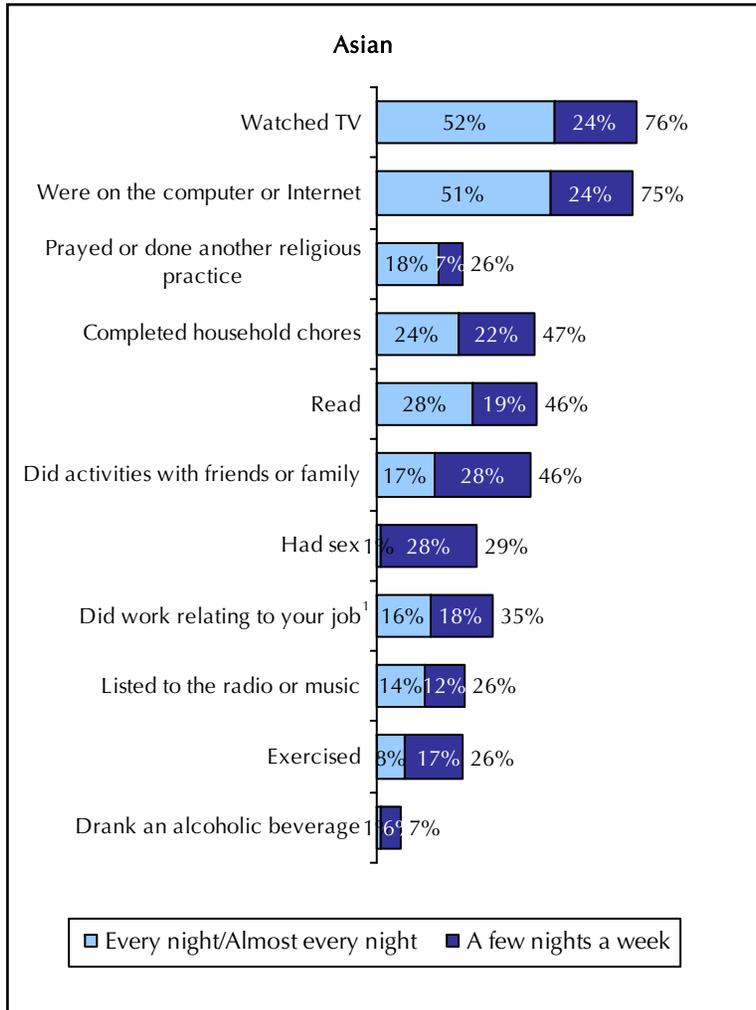


Base = Total sample (White n=255; Black n=250)
¹Base = Those who are employed (White n=187; Black n=161)
 Q11

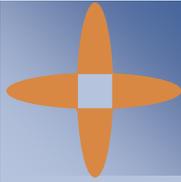


Daily Activities (continued)

Activities Performed Within One Hour of Going to Bed in the Past Month (continued)



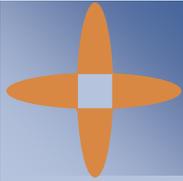
Base = Total sample (Asian n=252; Hispanic n=250)
¹Base = Those who are employed (Asian n=175; Hispanic n=177)
 Q11



Daily Activities (continued)

When analyzing the activities performed every night or almost every night within one hour of bed time by those who say they had a good night's sleep every night or almost every night in comparison to those who say they do less frequently within each ethnic group, some interesting findings become apparent.

- + Particularly among Blacks, those who report that they get a good night's sleep every night or almost every night tended to be more likely than their counterparts to have done the following every night or almost every night within the hour they went to bed:
 - + Prayed or done another religious practice (77% vs. 66%);
 - + Listened to the radio or music (24% vs. 14%);
 - + Did activities with friends or family (22% vs. 12%);
 - + Had sex (15% vs. 5%); and/or
 - + Exercised (15% vs. 3%).
- + Interestingly among Hispanics, those who were on the computer or Internet (13% vs. 24%) and/or did work relating to their job (7% vs. 18%) every night or almost every night within the hour they went to bed were *less* likely than their counterparts to report that they get a good night's sleep every night or almost every night.
- + Among Whites, there was not much variation in the activities performed every night or almost every night within the hour before bed time among those who say they get a good night's sleep every night or almost every night and their counterparts.
 - + The one exception is that Whites who had sex within one hour of going to bed every night or almost every night were less likely than those who do so less frequently to report that they had a good nights' sleep every night or almost every night (1% vs. 6%).
- + Asians who report that they had a good night's sleep every night or almost every night were just as likely to have performed most of these activities every night or almost every night within one hour of going to bed.
 - + However, Asians who say they had a good night's sleep every night or almost every night were more likely than their counterparts to have prayed or done another religious activity every night or almost every night (25% vs. 14%).



Daily Activities (continued)

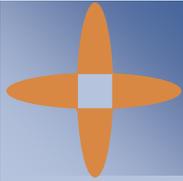
Activities Performed Within One Hour of Going to Bed in the Past Month by How Often Had a "Good Night's Sleep"									
	White		Black		Asian		Hispanic		
	"I had a good night's sleep"		"I had a good night's sleep"		"I had a good night's sleep"		"I had a good night's sleep"		
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)	
Every night/Almost every night	n =	(92)	(163)	(112)	(138)	(112)	(139)	(99)	(151)
Net: Any		93%	93%	98%	100% _{GKM}	94%	93%	93%	96%
Watched TV		61	65	74 _J	76 _K	48	56	70 _J	74 _K
Were on the computer or Internet		27 _L	19	19	22	44 _{FHL}	56 _{GIM}	13	24 _L
Prayed or done another religious practice		32	32 _K	77 _{FJL}	66 _{GKM}	25 _K	14	49 _{FJ}	42 _K
Completed household chores		25	24	26	39 _{CK}	25	24	43 _{FHJ}	39 _{CK}
Read		29	20	27	20	33	24	23	20
Did activities with friends or family		26	18	22	12	22	14	24	18
Had sex		1	6 _{KF}	15 _{FJL}	5 _K	2	1	9 _{FJ}	11 _K
Did work relating to my job ¹		4	12	17	17	14	18	7	18 _L
Listened to the radio or music		9	12	24 _F	14	13	15	12	12
Exercised		6	3	15 _J	3	12	5	12	11 _{GI}
Drank an alcoholic beverage		6	8 _K	4	5	-	1	3	4

Base = Total sample

¹Base = Those who are employed (White n=68, 119; Black n=73, 88; Asian n=77, 97; Hispanic n=75, 102)

Letters indicate significant differences at the 95% confidence level.

Q11

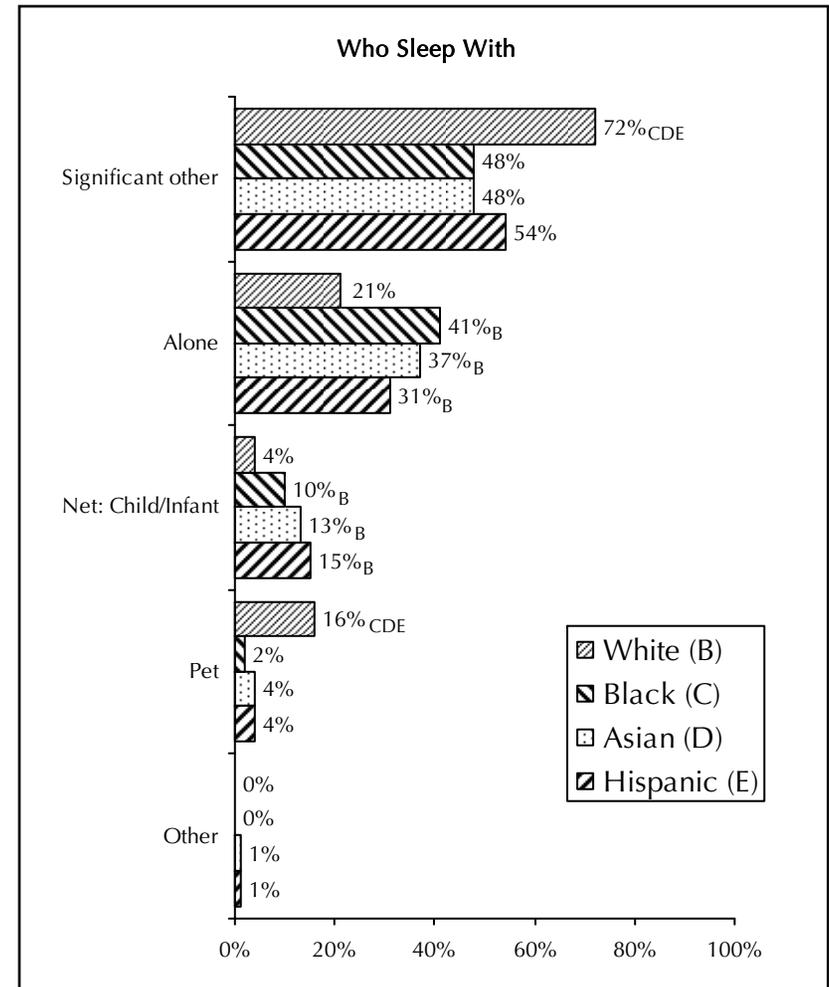


Who Sleep With

All respondents were asked who they slept with on most nights.

Overall, respondents of each ethnic group surveyed most often stated that they slept with their significant other, with Whites being most likely to say so (72% vs. 54% Hispanics, 48% Blacks and 48% Asians).

- + Interestingly, Whites were the least likely to say they sleep alone (21% vs. 41% Blacks, 37% Asians and 31% Hispanics) and/or with children (4% vs. 15% Hispanics, 13% Asians and 10% Blacks).
- + However, Whites were far more likely than the other ethnic groups to report sleeping with pets on most nights (16% vs. 4% Asians, 4% Hispanics and 2% Blacks).
- + Among those with children who are married, partnered or living with someone else, Asians and Hispanics were again more likely than Whites to sleep with children (28% and 22% vs. 8%).



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

DK/Ref = 1%

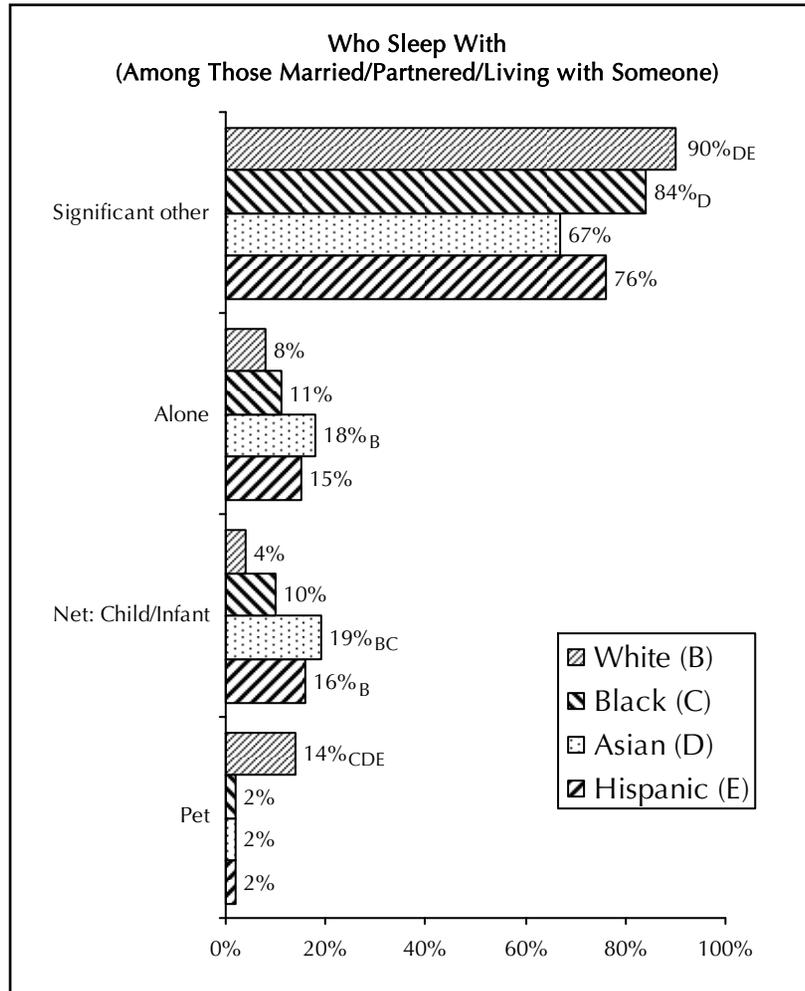
Multiple Responses Accepted

Letters indicate significant differences at the 95% confidence level.

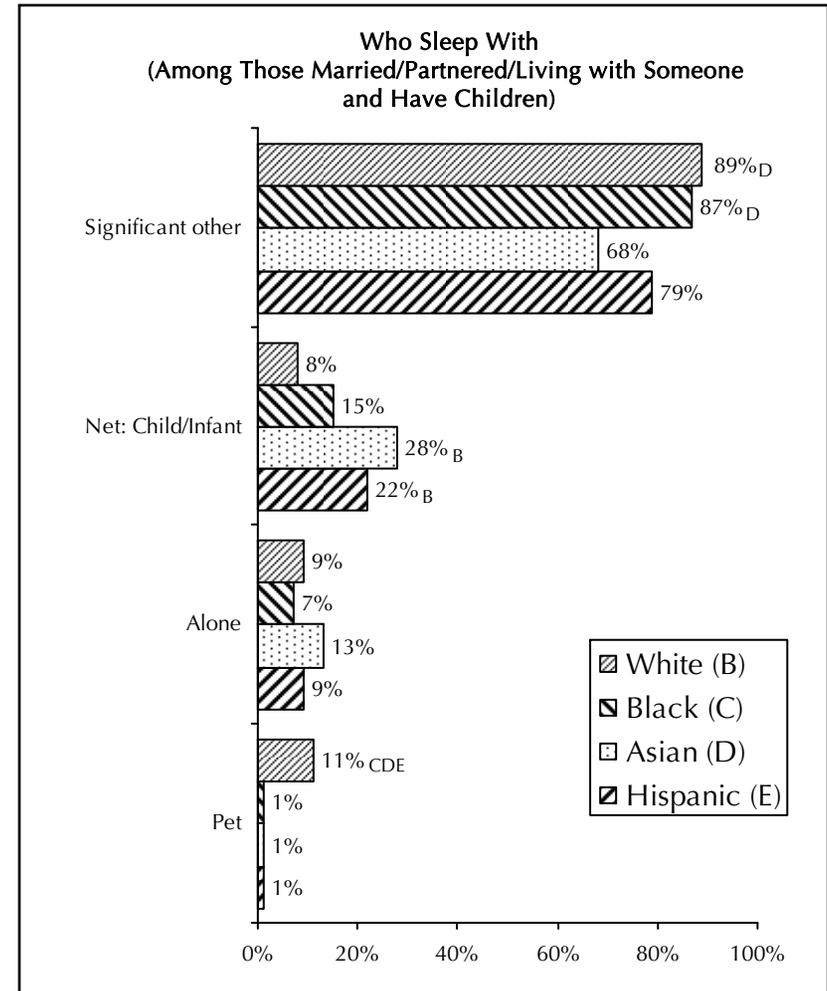
Q12



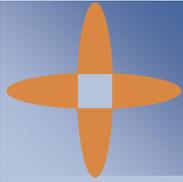
Who Sleep With (continued)



Base = Those married, partnered or living with someone (White n=197; Black n=117; Asian n=168; Hispanic n=156)
 DK/Ref = 1%
 Multiple Responses Accepted
 Letters indicate significant differences at the 95% confidence level.
 Q12



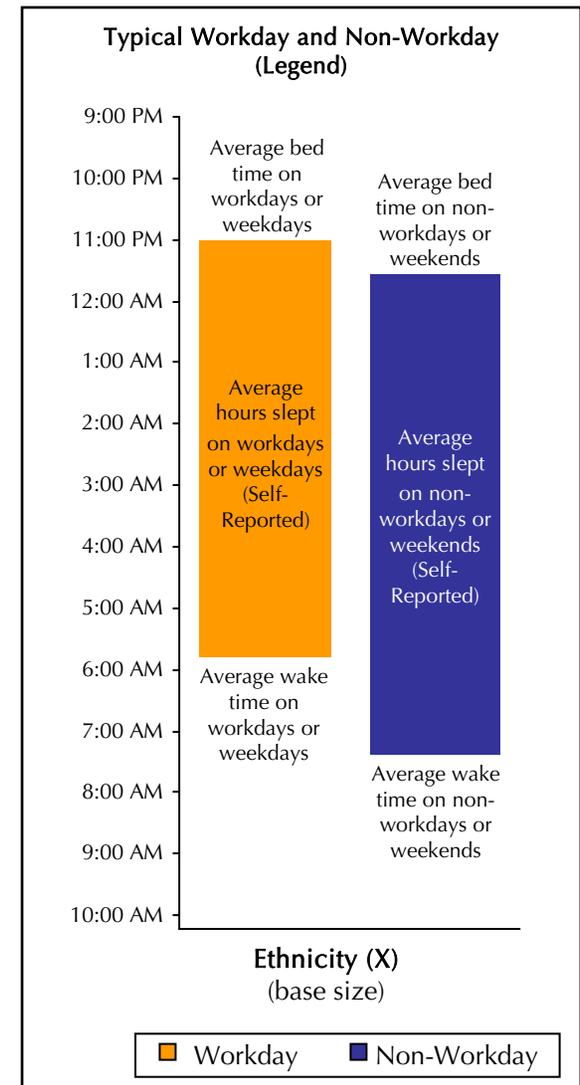
Base = Those married, partnered or living with someone and have a child (White n=95; Black n=57; Asian n=103; Hispanic n=94)
 DK/Ref = 1%
 Multiple Responses Accepted
 Letters indicate significant differences at the 95% confidence level.
 Q12

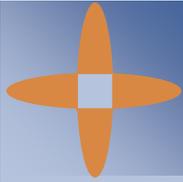


Sleep Habits

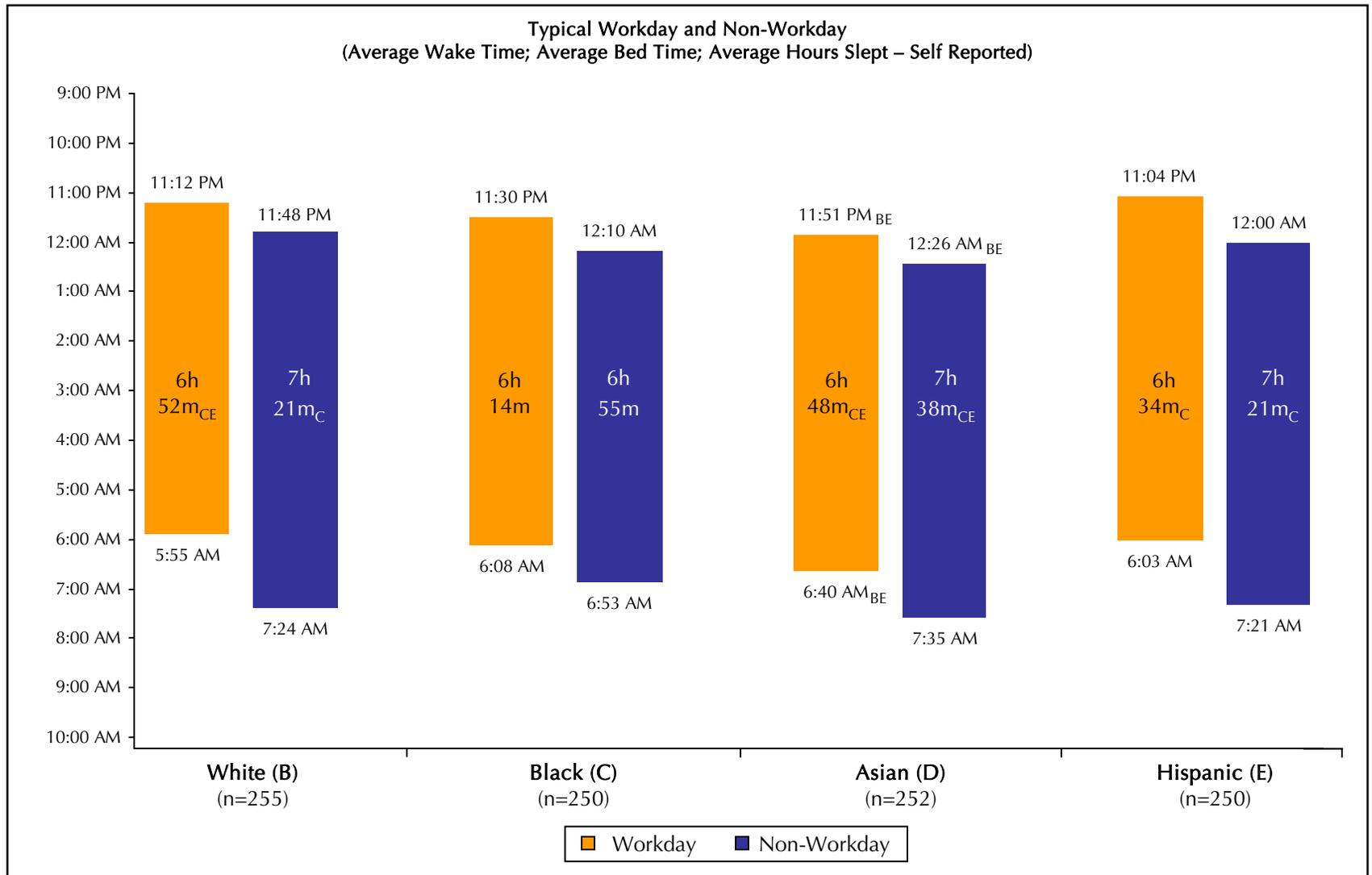
Respondents were asked when they typically wake up, go to bed and how long they sleep on both a typical workday or weekday and non-workdays or weekends.

- + Whites cited going to bed about 30 minutes later (11:48 pm vs. 11:12 pm, on average) and waking up about an hour and a half later (7:24 am vs. 5:55 am, on average) on non-workdays or weekends than on workdays or weekdays on average.
- + Hispanics cited similar bed and wake times as Whites, but report going to bed about an hour later (12:00 am vs. 11:04 pm, on average) and waking up almost an hour and a half later (7:21 am vs. 6:03 am, on average) on non-workdays or weekends than on workdays or weekdays on average.
- + Blacks also exhibited similar bed and wake times, citing going to bed 40 minutes later (12:10 am vs. 11:30 pm, on average) and waking up 45 minutes later (6:53 am vs. 6:08 am, on average) on non-workdays or weekends than on workdays or weekdays on average.
- + Meanwhile, while Asians cited going to bed going to bed about 30 minutes later (12:26 am vs. 11:51 pm, on average) and waking up about an hour later (7:35 am vs. 6:40 am, on average) on non-workdays or weekends than on workdays or weekdays on average, their bed times were much later than for Whites and Hispanics on average. Similarly, their wake time on workdays or weekdays on average was later than for Whites and Hispanics.
- + Overall, Blacks reported the least amount of sleep on average on workdays or weekdays (6 hours and 14 minutes vs. 6 hours and 52 minutes for Whites, 6 hours and 48 minutes for Asians and 6 hours and 34 minutes for Hispanics).
 - + Similarly, Blacks reported the least amount of sleep on average on non-workdays or weekends (6 hours and 55 minutes vs. 7 hours and 38 minutes for Asians, 7 hours and 21 minutes for Whites and 7 hours and 21 minutes for Asians).





Sleep Habits (continued)

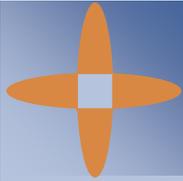


Base = Total sample
DK/Ref = 2% – 4%

Note: Wake/Bed times are averages derived by using ranges of times (i.e. between 7:00-7:14 AM), while hours slept is collected by asking respondents for hours and minutes they usually sleep in one night.

Letters indicate significant differences at the 95% confidence level.

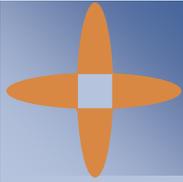
Q1, Q2, Q3, Q4, Q5, Q6



Sleep Habits (continued)

Number of Hours Slept per Night (Self-Reported)					
		White (B)	Black (C)	Asian (D)	Hispanic (E)
Workdays/Weekdays	n =	(255)	(250)	(252)	(250)
Less than 6 hours		15%	27% _{BDE}	12%	17%
6 to less than 7 hours		19	33 _B	29 _B	33 _B
7 to less than 8 hours		28	20	31 _C	26
8 to less than 9 hours		27 _{CE}	13	22 _C	17
9 hours or more		6	3	4	3
Don't know/Refused		4	4	2	4
<i>Mean (# of hours)</i>		<i>6.9_{CE}</i>	<i>6.2</i>	<i>6.8_{CE}</i>	<i>6.6_C</i>
<i>Median (# of hours)</i>		<i>7.0</i>	<i>6.0</i>	<i>7.0</i>	<i>6.5</i>
Non-Workdays/Weekends	n =	(255)	(250)	(252)	(250)
Less than 6 hours		12% _D	15% _D	5%	9%
6 to less than 7 hours		10	29 _{BD}	15	20 _B
7 to less than 8 hours		24	17	25 _C	18
8 to less than 9 hours		35 _C	23	34 _C	34 _C
9 hours or more		16	13	19	14
Don't know/Refused		3	3	2	4
<i>Mean (# of hours)</i>		<i>7.4_C</i>	<i>6.9</i>	<i>7.6_{CE}</i>	<i>7.4_C</i>
<i>Median (# of hours)</i>		<i>8.0</i>	<i>7.0</i>	<i>8.0</i>	<i>8.0</i>

Base = Total sample
 Letters indicate significant differences at the 95% confidence level.
 Q5, Q6



Sleep Habits (continued)

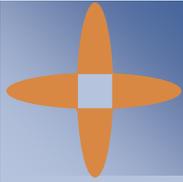
Using assigned times in the time ranges in which a respondent said they get up and go to bed, the amount of hours in bed was calculated, whereas the self-reported hours slept is collected by asking respondents for the number of hours and minutes they usually sleep in one night.

Across all the ethnic groups, the amount of time respondents reported sleeping was less than the calculated difference between the time they said they go to bed and the time they get up. This translates into respondents spending some time in bed when they are not sleeping.

- + In fact, on workdays or weekdays, Blacks tended to spend the most time in bed of all ethnic groups without sleeping (54 minutes vs. 42 minutes for Hispanics, 36 minutes for Asians and 25 minutes for Whites).
- + Blacks also spent the most time in bed without sleeping on non-workdays or weekends (71 minutes vs. 57 minutes for Hispanics, 43 minutes for Whites and 41 minutes for Asians).
- + Notably for Blacks, Hispanics and Whites, the amount of time spent in bed without sleeping was longer on non-workdays or weekends than on workdays or weekdays (71 minutes vs. 54 minutes for Blacks, 57 minutes vs. 42 minutes for Hispanics, and 43 minutes vs. 25 minutes for Whites).
 - + In comparison, Asians spent approximately the same amount of time in bed without sleeping on non-workdays or weekends (41 minutes) as on workdays or weekdays (36 minutes).

Time Spent in Bed Without Sleeping					
		White (B)	Black (C)	Asian (D)	Hispanic (E)
Workdays/Weekdays	n =	(255)	(250)	(252)	(250)
Mean amount of sleep (self-reported)		6h 52m	6h 14m	6h 48m	6h 34m
Mean amount of sleep (calculated)		7h 17m	7h 8m	7h 24m	7h 16m
<i>Time spent in bed without sleeping</i>		<i>25m</i>	<i>54m</i>	<i>36m</i>	<i>42m</i>
Non-Workdays/Weekends	n =	(255)	(250)	(252)	(250)
Mean amount of sleep (self-reported)		7h 21m	6h 55m	7h 38m	7h 21m
Mean amount of sleep (calculated)		8h 4m	8h 6m	8h 19m	8h 18m
<i>Time spent in bed without sleeping</i>		<i>43m</i>	<i>1h 11m</i>	<i>41m</i>	<i>57m</i>

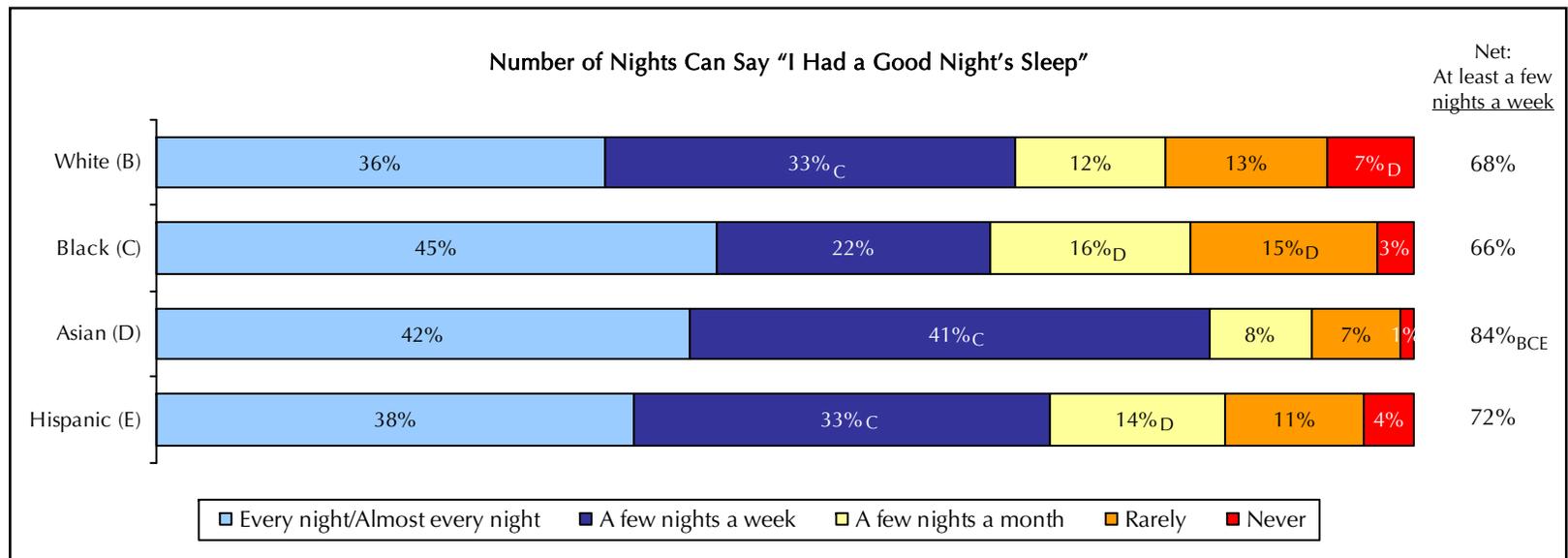
Base = Total sample
Q1/Q2, Q3/Q4



Getting a Good Night's Sleep

All respondents surveyed were asked how often they can say "I had a good night's sleep," using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- + Overall, Asians were the most likely ethnic group to say they get a good night's sleep at least a few nights a week (84% vs. 72% Hispanics, 68% Whites and 66% Blacks).
- + Even so, about four in ten respondents of each ethnic group (45% Blacks, 42% Asians, 38% Hispanics and 36% Whites) said they get a good night's sleep every night or almost every night.
- + On the other hand, Whites (20%), Blacks (18%) and Hispanics (14%) were all more likely than Asians (9%) to say they rarely or never have a good night's sleep.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

DK = <1%

Letters indicate significant differences at the 95% confidence level.

Q10



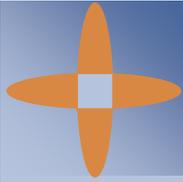
Sleep Needs Being Met

Respondents were asked how many hours of sleep they need to function at their best during the day.

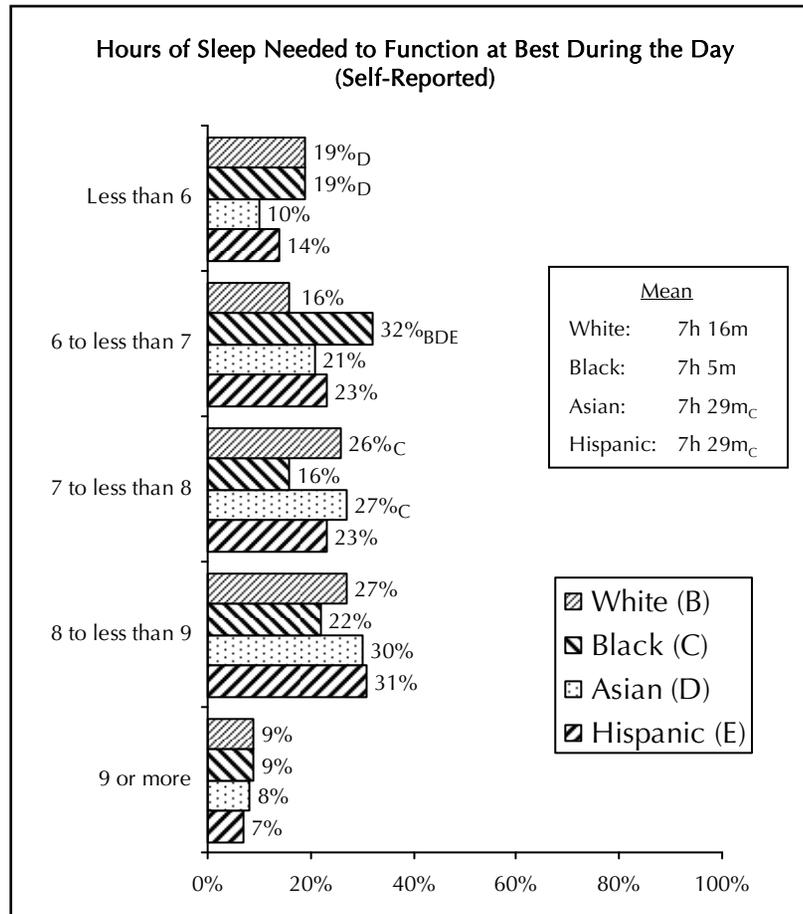
- + On average, Asians and Hispanics both reported they need about 7 hours and 29 minutes to function at their best, significant compared to the 7 hours and 5 minutes that Blacks reported they need. Meanwhile, Whites reported that they need about 7 hours and 16 minutes to function at their best during the day.
- + Among those who say they need less than 6 hours of sleep to function at their best, most Whites (91%), Blacks (99%) and Asians (94%) are getting that amount of sleep on a workday or weekday; in comparison, about eight in ten Hispanics in this group (81%) are getting less than 6 hours of sleep.
- + Among the respondents who need 8 or more hours of sleep to function at their best, Whites tended to be more likely than their counterparts to report getting that amount of sleep on a typical workday or weekday (47% vs. 36% Asians, 33% Blacks and 31% Hispanics).

When comparing the hours of sleep they say they need to the hours of sleep they are actually getting on workdays or weekdays, roughly one-third were not getting enough sleep, while about six in ten were meeting their sleep needs to function at their best [see page 22].

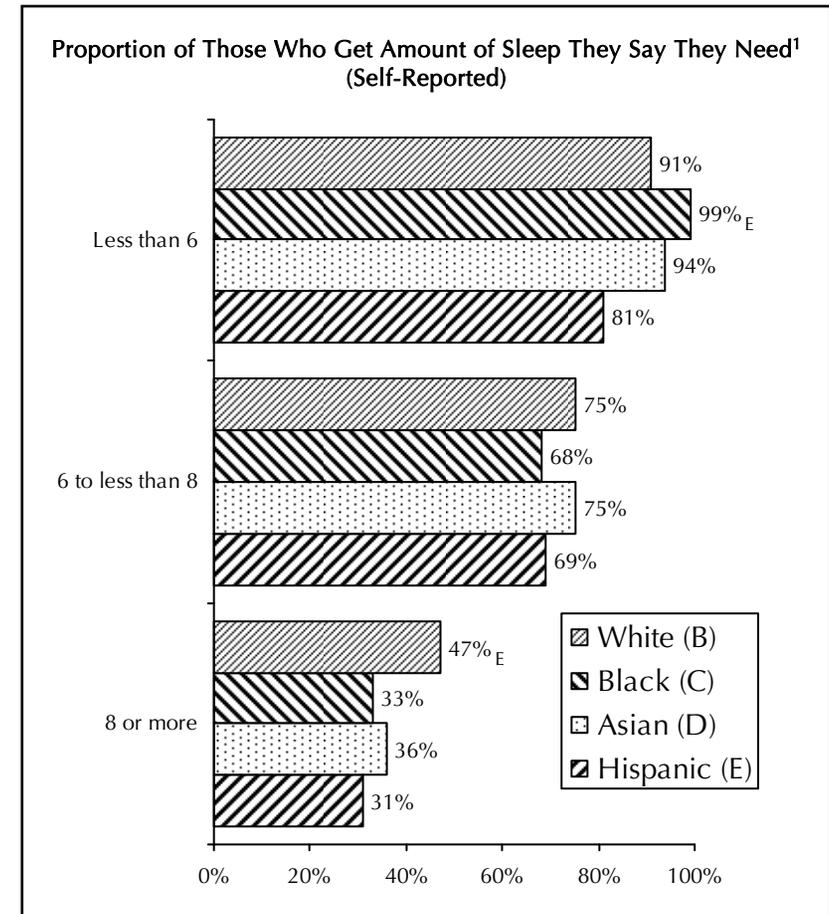
- + Specifically, Whites were more likely than Hispanics to be getting the amount of sleep they say they need to function at their best (66% vs. 54%). Consequently, Hispanics are more likely than Whites to say they get less sleep than they need (39% vs. 28%).
 - + Whites who were meeting their sleep needs report an average of 7 hours and 14 minutes of sleep on workdays or weekdays, while those who were not meeting their sleep needs are averaging 5 hours and 58 minutes of sleep.
 - + Similarly among Hispanics, those who were meeting their sleep needs are reporting an average of 7 hours and 18 minutes of sleep on workdays or weekdays, while those who were not meeting their sleep needs are getting an average of 5 hours and 55 minutes of sleep.
- + In comparison, similar proportions of Blacks and Asians either met their sleep needs (61% and 60%) or did not get the sleep they need (33% vs. 35%) to function at their best during the day.
 - + Among Blacks and Asians, those getting the amount of sleep they say they need average more than one hour more of sleep on workdays or weekdays compared to their counterparts (6 hours and 52 minutes vs. 5 hours and 37 minutes for Blacks; 7 hours and 35 minutes vs. 6 hours and 14 minutes for Asians).



Sleep Needs Being Met (continued)

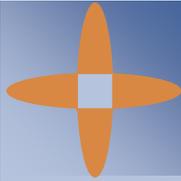


Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 DK/Ref = 3%
 Letters indicate significant differences at the 95% confidence level.
 Q7

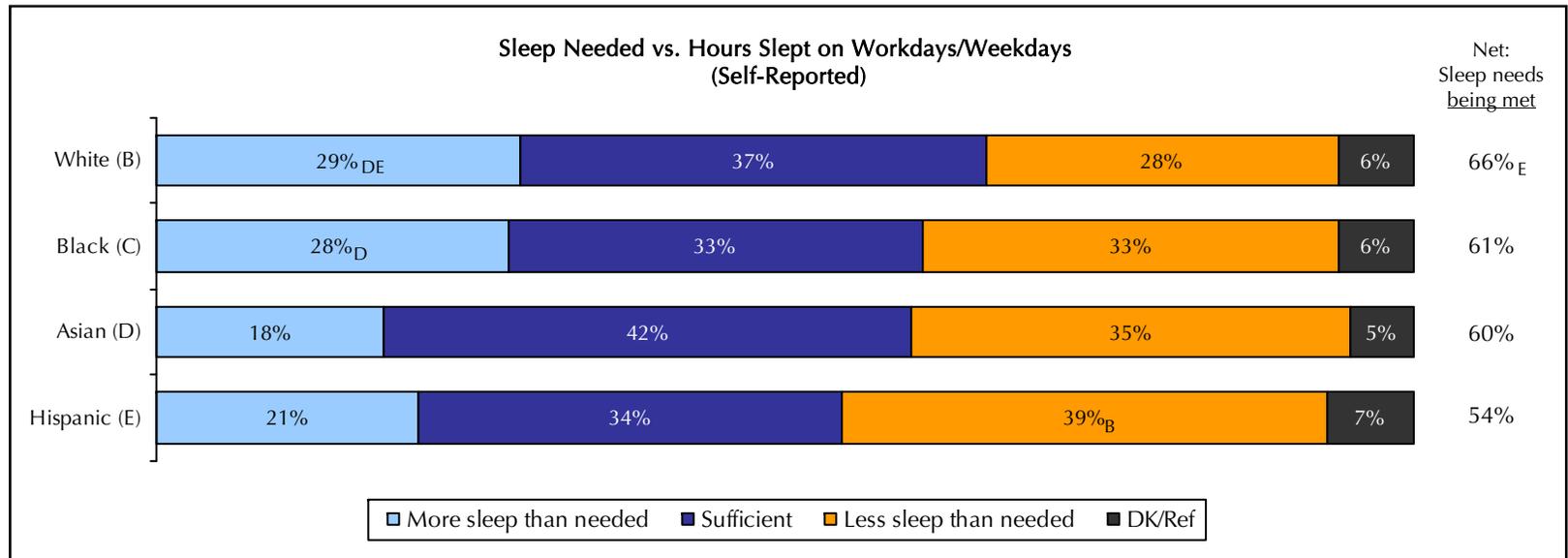


Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 DK/Ref = 6%

¹Note: This chart shows the proportion of those who get the amount of sleep they say they need to function at their best on a typical workday or weekday.
 Letters indicate significant differences at the 95% confidence level.
 Q5, Q7



Sleep Needs Being Met (continued)



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 Letters indicate significant differences at the 95% confidence level.
 Q5/Q7

Sleep Needs Being Met on Workdays/Weekdays (Self-Reported)				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
n =	(255)	(250)	(252)	(250)
Sleep needs are being met	66% ^E	61%	60%	54%
Mean (# of hours of sleep) ¹	7h 14m	6h 52m	7h 35m ^C	7h 18m
Sleep needs are <u>not</u> being met	28%	33%	35%	39% ^B
Mean (# of hours of sleep) ²	5h 58m	5h 37m	6h 14m ^{CE}	5h 55m
Don't know/Refused	6%	6%	5%	7%

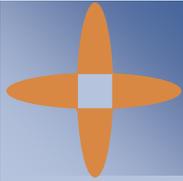
Base = Total sample

¹Base = Those whose sleep needs are being met on workdays/weekdays

²Base = Those whose sleep needs are not being met on workdays/weekdays

Letters indicate significant differences at the 95% confidence level.

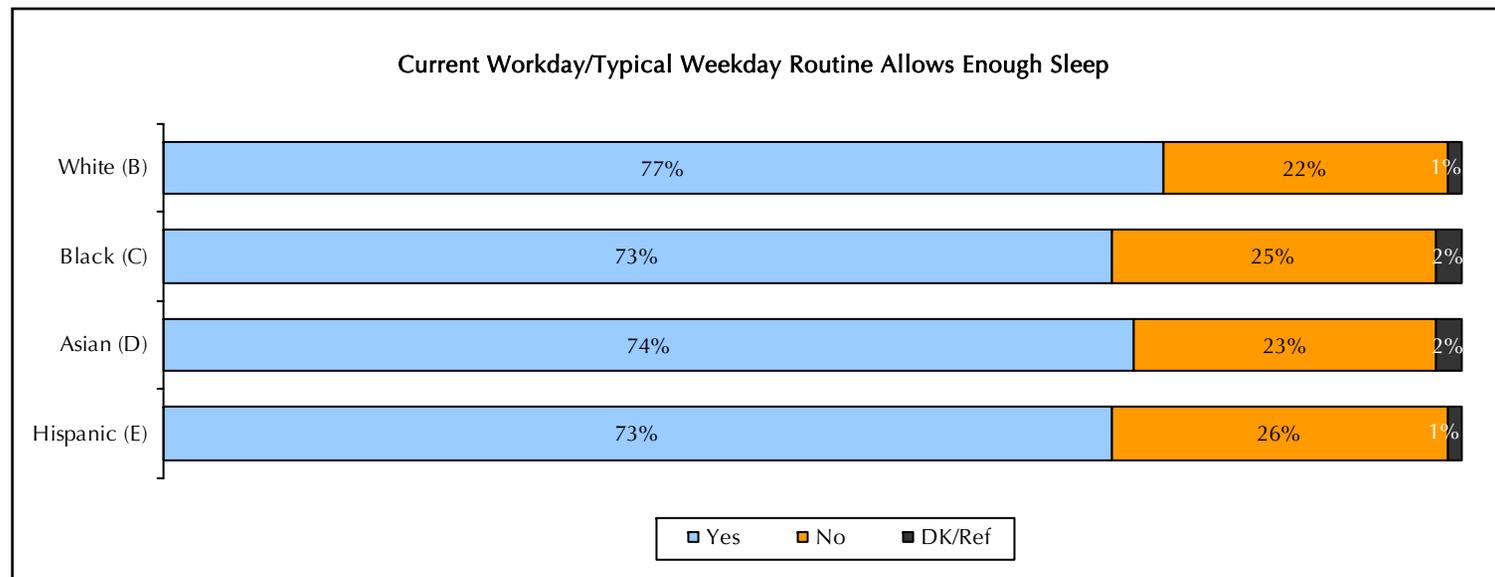
Q5, Q7



Sleep Needs Being Met (continued)

All respondents surveyed were asked if their current work schedule allows them to get enough sleep.

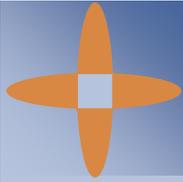
- + Approximately three-fourths of all respondents (77% Whites, 74% Asians, 73% Blacks and 73% Hispanics) agreed that their work schedule allows them to get enough sleep.
- + However, about one-fourth (26% Hispanics, 25% Blacks, 23% Asians and 22% Whites) said that their current work schedule does not allow them to get enough sleep.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

Letters indicate significant differences at the 95% confidence level.

Q14

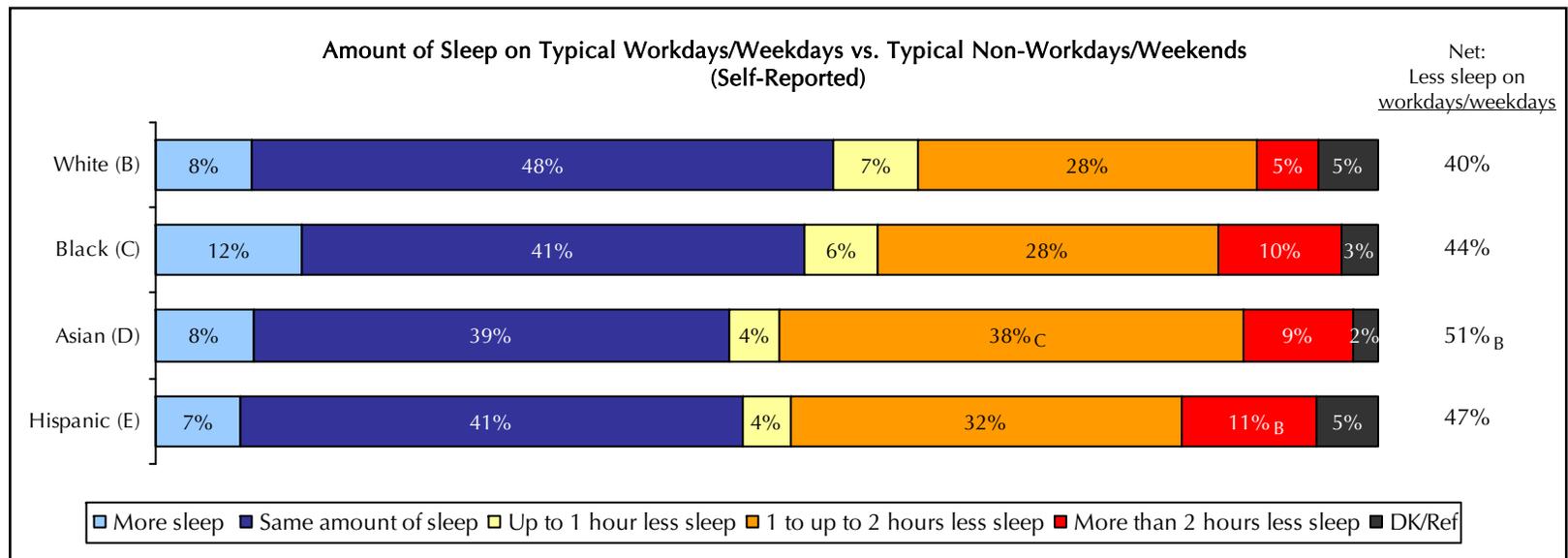


Amount of Sleep on Workdays/Weekdays vs. Non-Workdays/Weekends

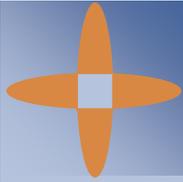
Using the times that respondents reported sleeping on workdays or weekdays and non-workdays or weekends, their sleep difference from workdays/weekdays to non-workdays/weekends was calculated.

Overall, respondents were split on whether they got less sleep on workdays/weekdays or got the same amount or more.

- + Specifically, Asians were more likely than Whites to report getting less sleep on workdays/weekdays than on non-workdays/weekends (51% vs. 40%), while 47% of Hispanics and 44% of Blacks also get less sleep on workdays/weekdays.
 - + Notably, about Hispanics (11%), Blacks (10%) and Asians (9%) were about twice as likely as Whites (5%) to have gotten more than 2 hours less sleep on weekdays/workdays.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 Letters indicate significant differences at the 95% confidence level.
 Q5/Q6



Sleep Problems

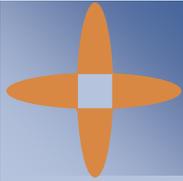
All respondents were asked what they typically do when they have sleep problems.

Overall, more than one-half of the respondents (68% Blacks, 64% Hispanics, 63% Whites and 55% Asians) mentioned they took any action.

- + Whites (30%) and Hispanics (26%) most often took sleep aids, specifically over-the counter medication (21% and 18%, respectively), if they took any action at all.
- + Meanwhile Blacks (28%) and Asians (30%) tended to rely on research or recommendations from their doctors, family and friends or the Internet.
- + In addition, many Asians (37%) assumed their sleep problem would go away in time.

Actions Taken When Having Sleep Problems				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
n =	(228)	(222)	(225)	(222)
Net: Take any action	63%	68% _D	55%	64%
Net: Sleep aids	30 _{CD}	20	13	26 _D
Use an over-the-counter sleep aid	21 _D	14	10	18 _D
Use a prescription sleep aid	11 _D	6	4	8
Net: Research/Recommendations	23	28	30 _E	21
Talk to my doctor	15	16	11	9
Get recommendations from family or friends	9 _C	4	15 _C	11 _C
Look for sleep information on the Internet or another source	5	10 _E	10 _E	5
Net: Activity	8	13	9	11
Assume it will go away in time	31 _C	19	37 _{CE}	22
Nothing	12	12	14	16
Don't know/Refused	1	1	1	2

Base = Those who say they have/had sleep problems
 Multiple Responses Accepted, Top Mentions
 Letters indicate significant differences at the 95% confidence level.
 Q28



Sleep Problems (continued)

All respondents surveyed were asked if they have ever discussed sleep issues with a healthcare professional (HCP) or if a doctor has ever asked about their sleep.

Overall, Asians were the least likely to have been asked about or discussed sleep with a HCP or doctor (31% vs. 56% Whites, 48% Hispanics and 45% Blacks).

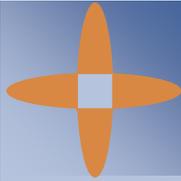
- + Specifically, only 14% of Asians have discussed sleep issues with a HCP, compared to 38% of Whites, 30% of Hispanics and 26% of Blacks.
 - + For comparison, about one-third of the respondents in the 2009 general population study (32%) reported that they have discussed sleep issues with a HCP.
- + Furthermore, only 28% of Asians have been asked about sleep by their doctor, while at least four in ten of the other ethnic groups have been (48% of Whites, 42% of Blacks and 40% of Hispanics).

Interactions with Medical Professionals Regarding Sleep				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
<u>Discussed Sleep Issues with a Healthcare Professional</u> n =	(255)	(250)	(252)	(250)
Yes	38% _{CD}	26% _D	14%	30% _D
No	62	74 _B	85 _{BCE}	70
Don't know/Refused	-	<1	1	<1
<u>Doctor Has Asked About Sleep</u> n =	(255)	(250)	(252)	(250)
Yes	48% _D	42% _D	28%	40% _D
No	50	57	70 _{BCE}	60
Don't know/Refused	1	2	2	1
<u>Asked About or Discussed Sleep</u> ¹				
Yes	56% _D	45% _D	31%	48% _D

Base = Total sample

¹Note: These proportions were determined by whether or not they have ever either discussed sleep issues with a healthcare professional or ever had a doctor ask about their sleep.

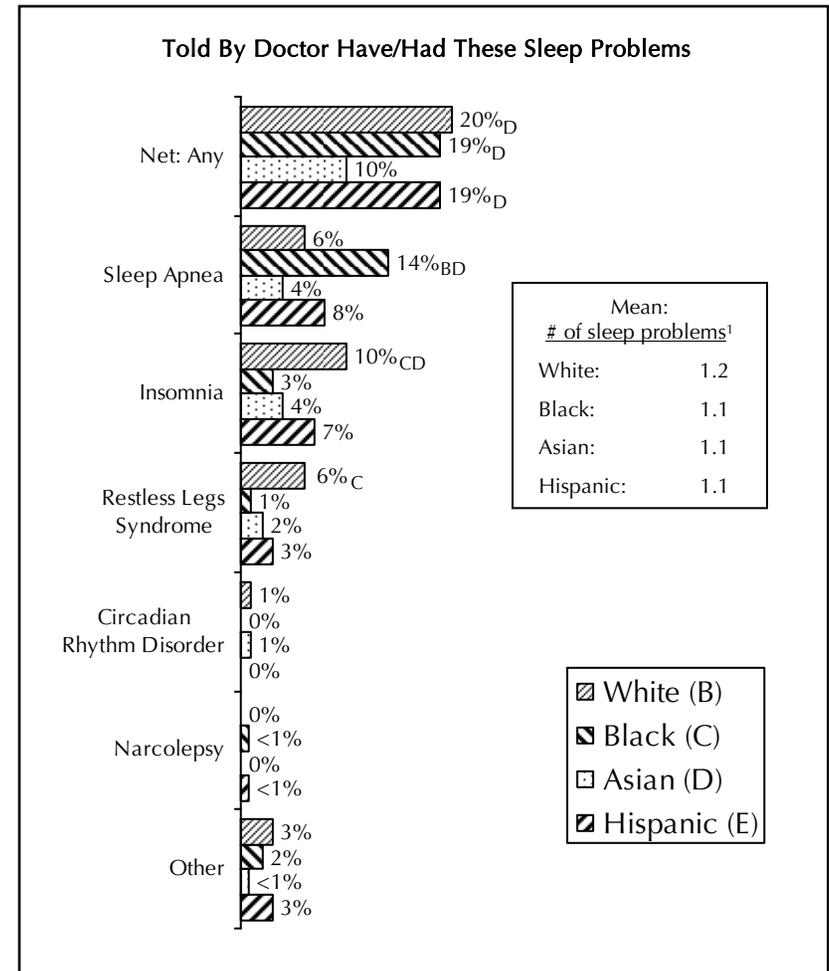
Letters indicate significant differences at the 95% confidence level.
Q21, Q22



Sleep Problems (continued)

Respondents were asked if they have ever been told by a doctor that they have or have had any of the sleep problems outlined in the chart to the right.

- + Whites (20%), Blacks (19%) and Hispanics (19%) were all about twice as likely as Asians (10%) to have been diagnosed with any of these sleep disorders.
- + Specifically, Whites most often suffered from insomnia (10%), sleep apnea (6%) and/or restless legs syndrome (6%); Blacks most often cited sleep apnea (14%); Hispanics most often suffered from sleep apnea (8%) and/or insomnia (7%); and Asians most often cited sleep apnea (4%) and/or insomnia (4%).
- + Sleep apnea was diagnosed among Blacks (14%) much more often than among Whites (6%) or Asians (4%).
- + Insomnia was diagnosed among Whites (10%) much more often than among Asians (4%) or Blacks (3%).
- + Similarly, Whites (6%) have been diagnosed with restless legs syndrome much more often than Blacks (1%) or Asians (0%).
- + Small proportions of respondents reported being diagnosed with circadian rhythm disorder and/or narcolepsy.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

¹Base = Those told by doctor they have a sleep problem (White n=60; Black n=56; Asian n=26*; Hispanic n=48)

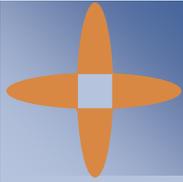
DK/Ref = 1%

Multiple Responses Accepted

*Caution: Small Base

Letters indicate significant differences at the 95% confidence level.

Q23



Sleep Aids

All respondents were asked how often they use various “sleep aids” specifically to help them sleep, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- + At least one-third of Whites (38%), Hispanics (36%) and Blacks (33%) report using any “sleep aids” at least a few nights a week, compared to one-fourth of Asians (25%).
- + Specifically, Hispanics (24%), Whites (21%) and Blacks (16%) most often report using behavioral methods at least a few night a week, while about one in ten Asians (11%) report doing so.
- + About one in six (16% Asians, 16% Hispanics, 15% Whites and 15% Blacks) said they use relaxation techniques to help them sleep at least a few times a week.
- + Roughly one in ten Whites, Blacks and Hispanics report using sleep medication (13% Whites, 9% Blacks and 8% Hispanics) and/or alcohol, beer or wine (10% Whites, 9% Blacks and 8% Hispanics) as “sleep aids” at least a few nights a week; however, only about one in twenty Asians use sleep medication (5%) and/or alcohol, beer or wine (3%).
- + Fewer than one in twenty (4% Whites, 2% Asians, 2% Hispanics and <1% Blacks) say they use alternative therapy such as acupuncture or herbal supplements like Melatonin or Valerian at least a few nights a week.

Frequency of Using “Sleep Aids”				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
At least a few nights a week n =	(255)	(250)	(252)	(250)
Net: Any	38% _D	33%	25%	36% _D
Behavioral methods, such as getting out of bed if you can’t fall asleep or trying not to worry about your sleep	21 _D	16	11	24 _D
Relaxation techniques	15	15	16	16
Net: Sleep medication	13 _D	9	5	8
Sleep medication prescribed by a doctor	6	7	3	5
Over-the-counter or store-bought sleep aids	7 _D	3	2	4
Alcohol, beer or wine	10 _D	9 _D	3	8 _D
Alternative therapy, such as acupuncture, or herbal supplements, such as Melatonin or Valerian	4 _C	<1	2	2

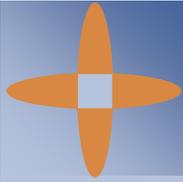
Base = Total sample
 Letters indicate significant differences at the 95% confidence level.
 Q29



Sleep Aids (continued)

Interestingly, among Whites (46% vs. 23%), Blacks (42% vs. 23%) and Hispanics (50% vs. 14%), those who said they get a good night's sleep a few nights a week or less were much more likely than their counterparts to report using "sleep aids" at least a few nights a week. Meanwhile, Asians were just as likely to report using "sleep aids" whether they reported getting a good night's sleep every night or almost every night (24%) or less often (26%).

- + Specifically, the largest discrepancy of "sleep aid" usage between those who said they get a good night's sleep a few nights a week or less and their counterparts was behavioral methods among Hispanics (35% vs. 6%), Whites (25% vs. 12%) and Blacks (24% vs. 7%).
- + Additionally, Whites who reported that they got a good night's sleep a few nights a week or less were much more likely to report using sleep medication (19% vs. 2%) and/or alternative therapy (7% vs. 0%) to help them sleep.
- + Hispanics who said they got a good night's sleep a few nights a week or less were much more likely to use sleep medication (11% vs. 3%), alcohol, beer or wine (12% vs. 1%) and/or alternative therapy (4% vs. 0%) to help them sleep.



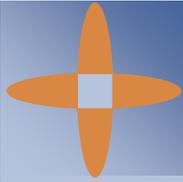
Sleep Aids (continued)

Frequency of Using "Sleep Aids" by How Often Had a "Good Night's Sleep"								
	White		Black		Asian		Hispanic	
	"I had a good night's sleep"		"I had a good night's sleep"		"I had a good night's sleep"		"I had a good night's sleep"	
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)
At least a few nights a week n =	(92)	(163)	(112)	(138)	(112)	(139)	(99)	(151)
Net: Any	23%	46% _{KF}	23%	42% _{KH}	24%	26%	14%	50% _{KL}
Behavioral methods, such as getting out of bed if you can't fall asleep or trying not to worry about your sleep	12	25 _{KF}	7	24 _H	9	13	6	35 _{KL}
Relaxation techniques	10	18	13	16	18	14	11	19
Net: Sleep medication	2	19 _{KF}	7	11	5	4	3	11 _{KL}
Sleep medication prescribed by a doctor	1	10 _{KF}	4	9	4	2	1	7 _L
Over-the-counter or store-bought sleep aids	2	10 _{KF}	3	3	2	2	2	6
Alcohol, beer or wine	6	13 _K	8 _L	10	2	3	1	12 _{KL}
Alternative therapy, such as acupuncture, or herbal supplements, such as Melatonin or Valerian	-	7 _{IK}	-	<1	2	1	-	4

Base = Total sample

Letters indicate significant differences at the 95% confidence level.

Q29

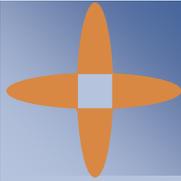


Frequency of Concerns Disturbing Sleep

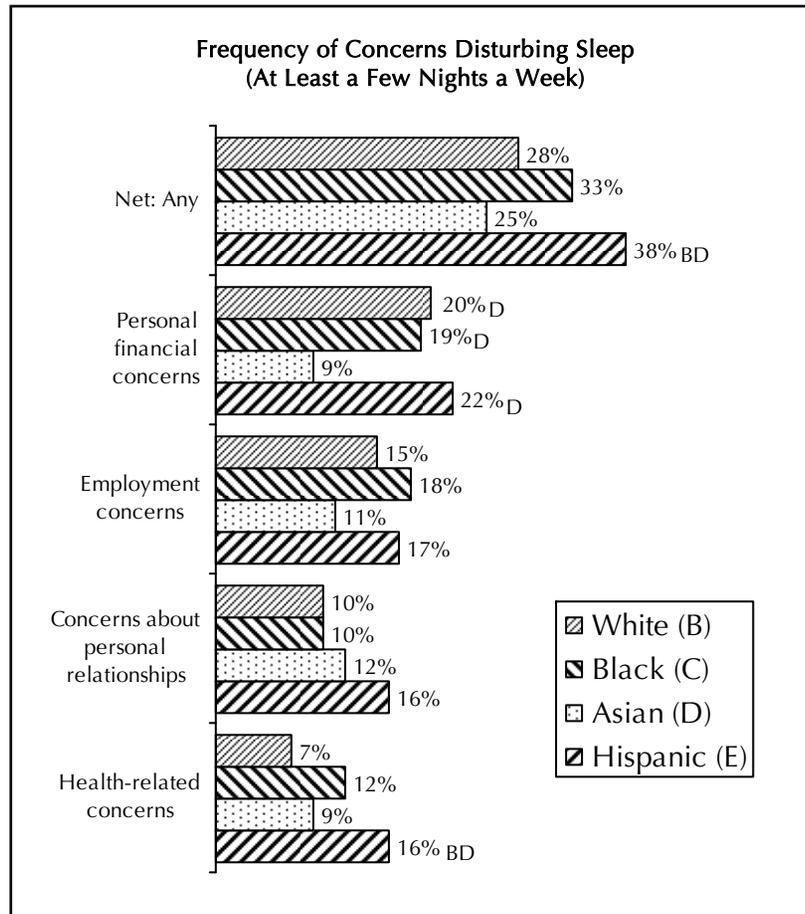
Respondents were asked how often employment concerns, concerns about personal relationships, personal financial concerns (such as mortgage or rent, food or gas) and health-related concerns have each disturbed their sleep or kept them up at night in the past month, using a scale of every night or almost every night, a few nights a week, a few nights a month, rarely or never.

Overall, at least one-third of Hispanics (38%) and Blacks (33%) reported that any of these concerns disturb their sleep at least a few nights a week, compared to about one-fourth of Whites (28%) and/or Asians (25%). In fact, about two in ten Hispanics (19%) and Blacks (19%) said their sleep is disturbed every night or almost every night by at least one of the concerns.

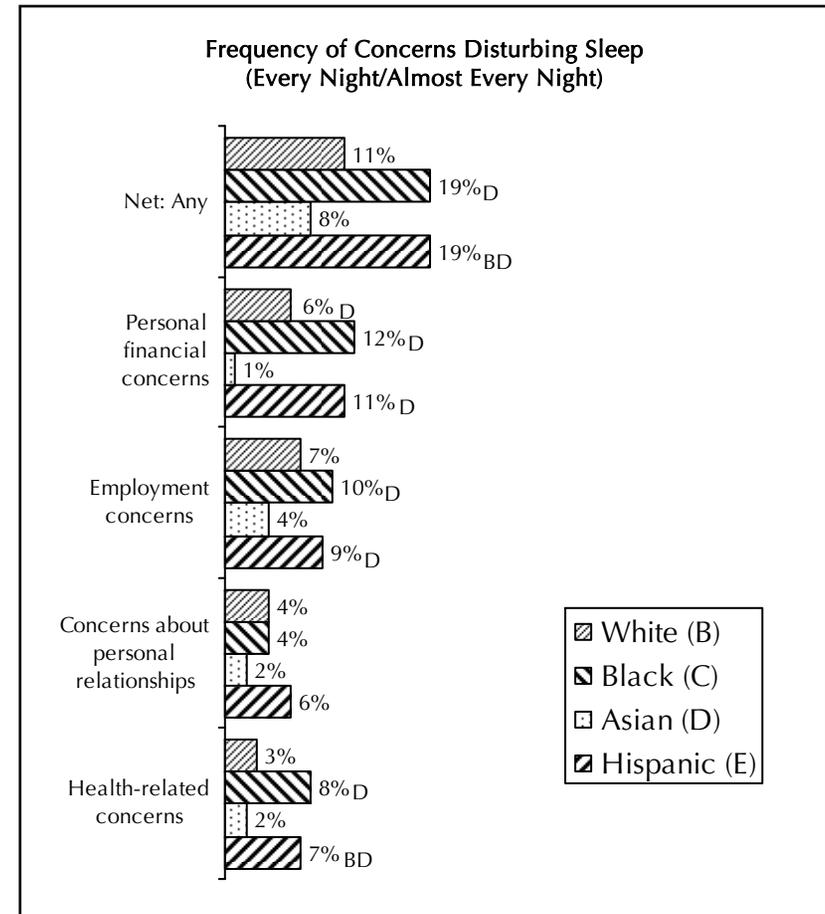
- + Notably, Asians were the least likely of the ethnic groups to report that personal financial concerns disturbed their sleep at least a few nights a week (9% vs. 22% Hispanics, 20% Whites and 19% Blacks).
- + At least one in ten said their sleep has been disturbed at least few nights a week by employment concerns (18% Blacks, 17% Hispanics, 15% Whites and 11% Asians) and/or concerns about personal relationships (16% Hispanics, 12% Asians, 10% Whites and 10% Blacks).
- + Hispanics (16%) were much more likely than Asians (9%) and Whites (7%) to say that health-related concerns have disturbed their sleep at least a few nights a week. Meanwhile, 12% of Blacks said health-related concerns have disturbed their sleep.



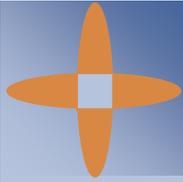
Frequency of Concerns Disturbing Sleep (continued)



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 DK/Ref = <1% - 1%
 Letters indicate significant differences at the 95% confidence level.
 Q30

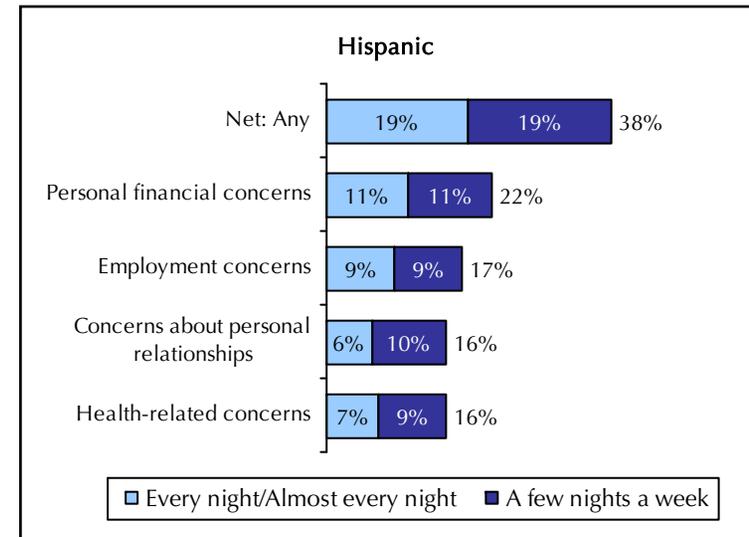
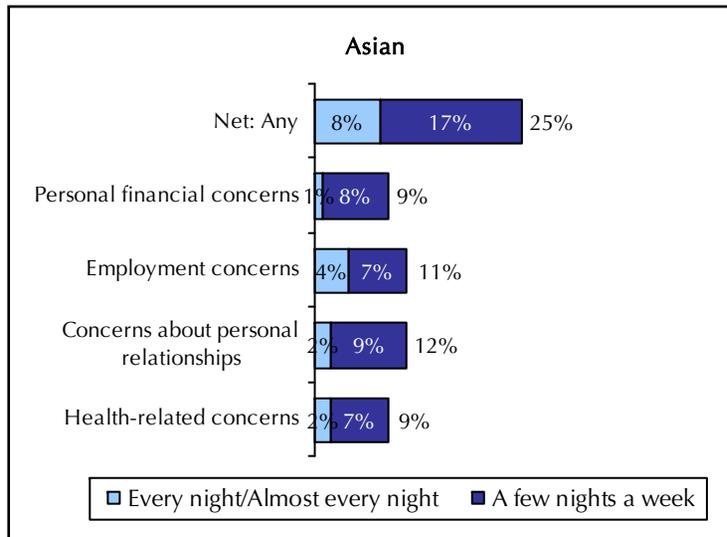
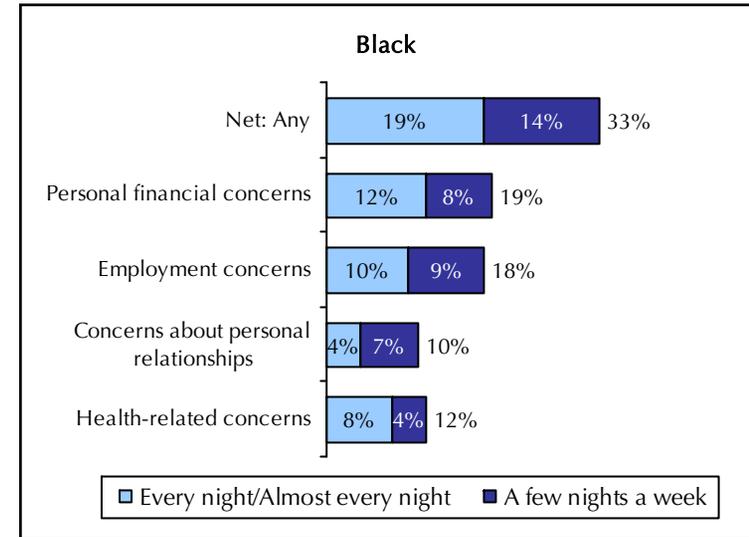
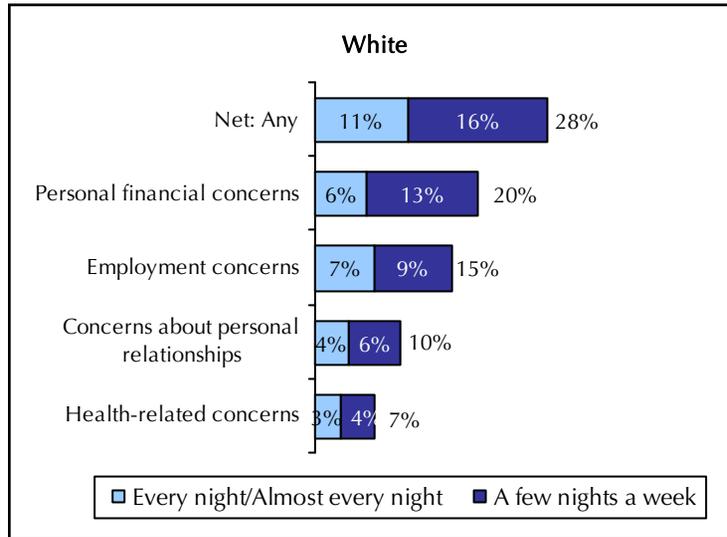


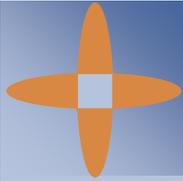
Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 DK/Ref = <1% - 1%
 Letters indicate significant differences at the 95% confidence level.
 Q30



Frequency of Concerns Disturbing Sleep (continued)

Frequency of Concerns Disturbing Sleep





Impact of Sleepiness

All respondents surveyed were asked how often they had missed family events, leisure activities or work functions in the past month because they were too sleepy or had a sleep problem.

- ✦ More than three-fourths of all respondents surveyed (81% Whites, 77% Blacks, 77% Hispanics and 76% Asians) said they did not miss any events in the past month due sleepiness or a sleep problem.
- ✦ However, about two in ten (24% Asians, 22% Blacks, 22% Hispanics and 19% Whites) did say they missed events at least one day in the past month because they were too sleepy or had a sleep problem.

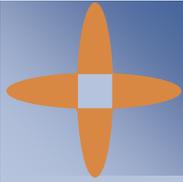
Respondents were also asked if their intimate or sexual relationship has been affected because they are too sleepy.

- ✦ About seven in ten respondents (73% Asians, 71% Blacks, 70% Whites and 70% Hispanics) said their intimate or sexual relationships had not been affected by sleepiness.
- ✦ However, about one in five respondents (23% Whites, 20% Blacks, 20% Hispanics and 17% Asians) indicated that their relationships had been affected because they are too sleepy.

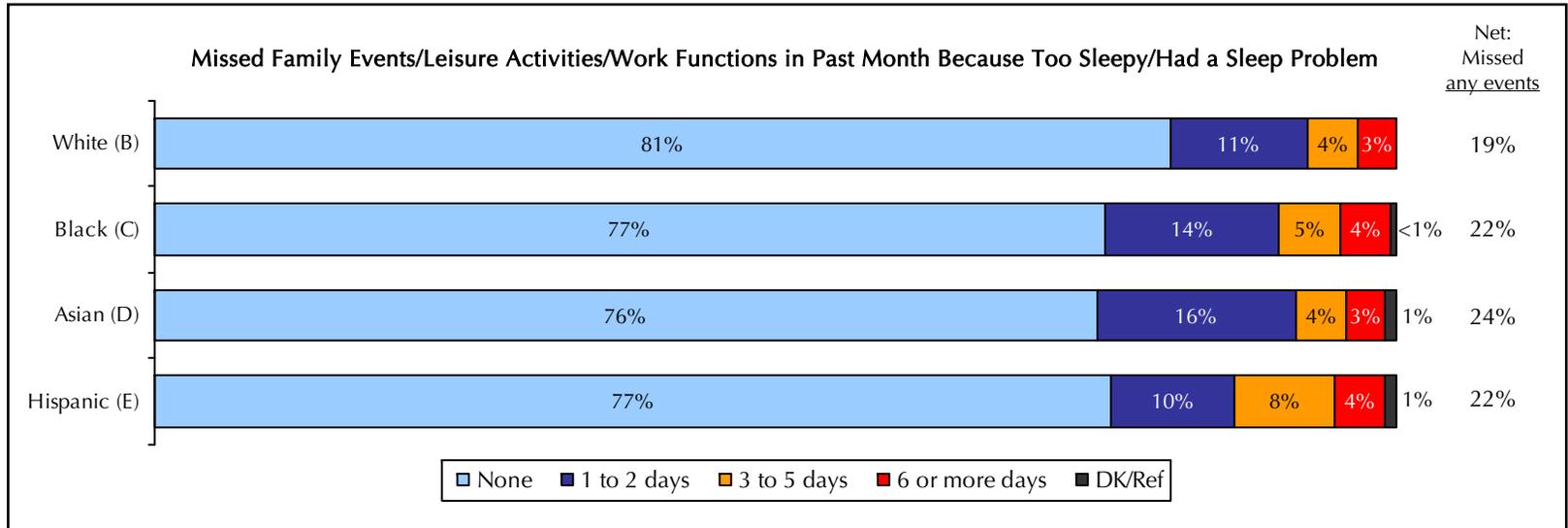
Overall, more than three in ten respondents surveyed (37% Whites, 33% Hispanics, 32% Asians and 31% Blacks) indicated they their quality of life has been affected in some way by sleepiness.

Quality of Life Affected by Sleepiness				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
n =	(255)	(250)	(252)	(250)
Affected	37%	31%	32%	33%
Missed family events/leisure activities/work functions	19	22	24	22
Affected intimate/sexual relationship	23	20	17	20
Not affected	63	69	68	67

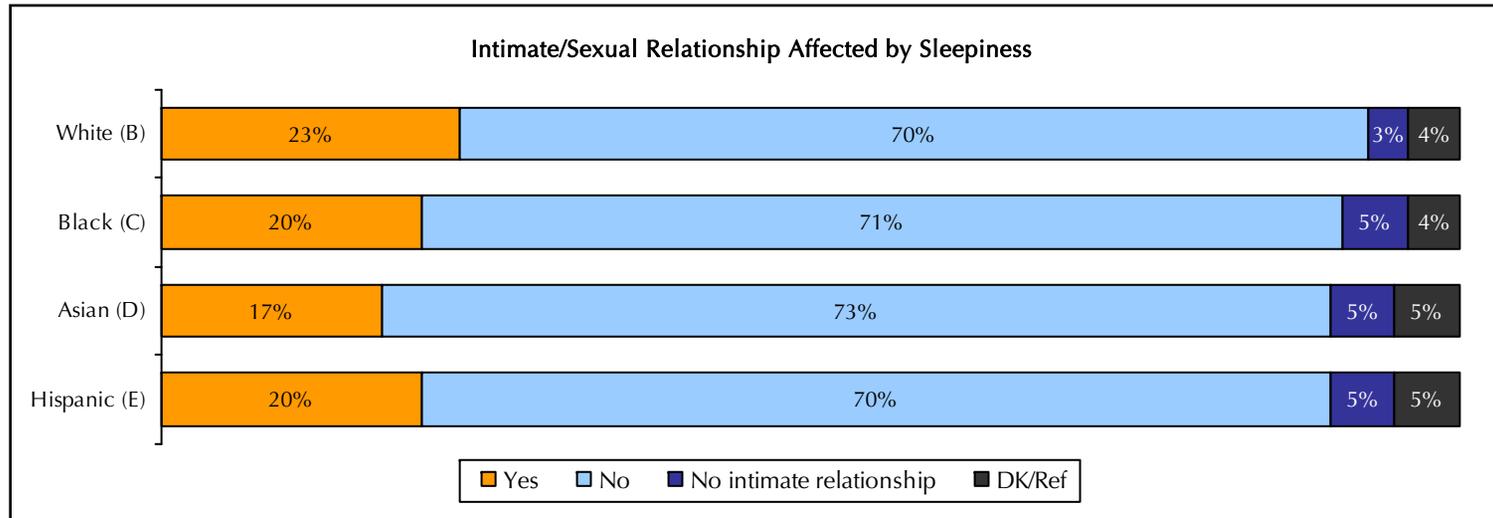
Base = Total sample
 Letters indicate significant differences at the 95% confidence level.
 Q32, Q33



Impact of Sleepiness (continued)



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 Letters indicate significant differences at the 95% confidence level.
 Q32



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
 Letters indicate significant differences at the 95% confidence level.
 Q33

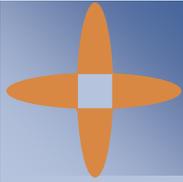


Impact of Sleepiness (continued)

Respondents surveyed were asked how much they agree that not getting enough sleep impacts or effects their job performance, ability to carry out household duties, relationship with family or friends, ability to care for their family, and ability to do everyday activities, if applicable, using a scale of completely agree, mostly agree, mostly disagree or completely disagree.

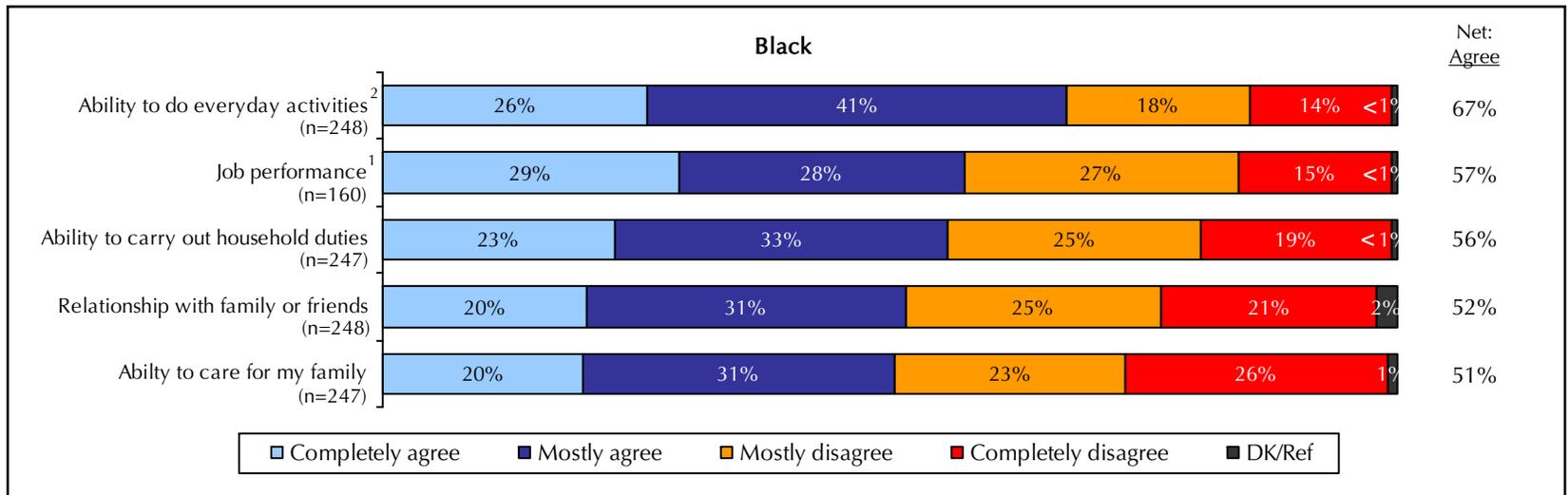
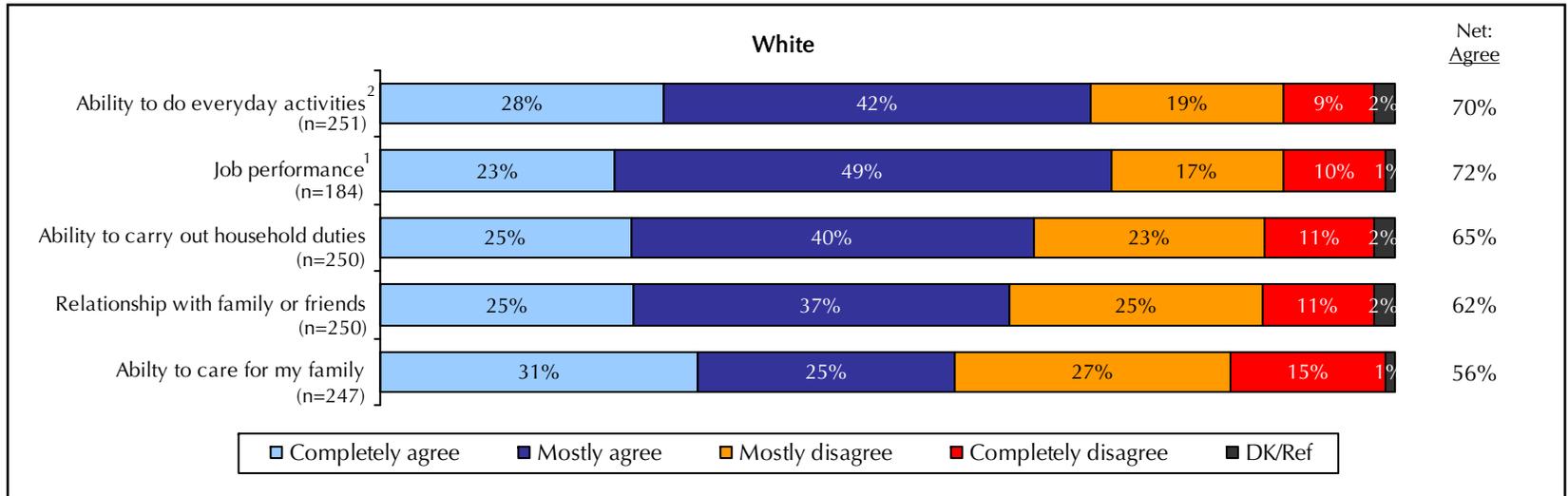
Overall, more than one-half of all respondents among each ethnic group agreed (completely agree/mostly agree) that each were impacted or affected by a lack of sufficient sleep.

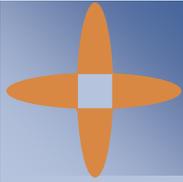
- + Specifically, about two-thirds agreed that not getting enough sleep impacts or affects their ability to do everyday activities (70% Whites, 67% Blacks, 65% Asians and 65% Hispanics).
- + Whites and Asians were slightly more likely than Hispanics and Blacks to agree that not getting enough sleep impacts or affects their job performance (72% Whites and 69% Asians vs. 61% Hispanics and 57% Blacks), ability to carry out household duties (65% Whites and 68% Asians vs. 60% Hispanics and 56% Blacks) and/or ability to care for their family (56% Whites and 57% Asians vs. 51% Blacks and 51% Hispanics).
- + About six in ten Whites (62%) and Hispanics (60%) agreed that their relationship with family or friends is impacted or affected by a lack of sufficient sleep, while fewer Asians (56%) and Blacks (52%) agreed.



Impact of Sleepiness (continued)

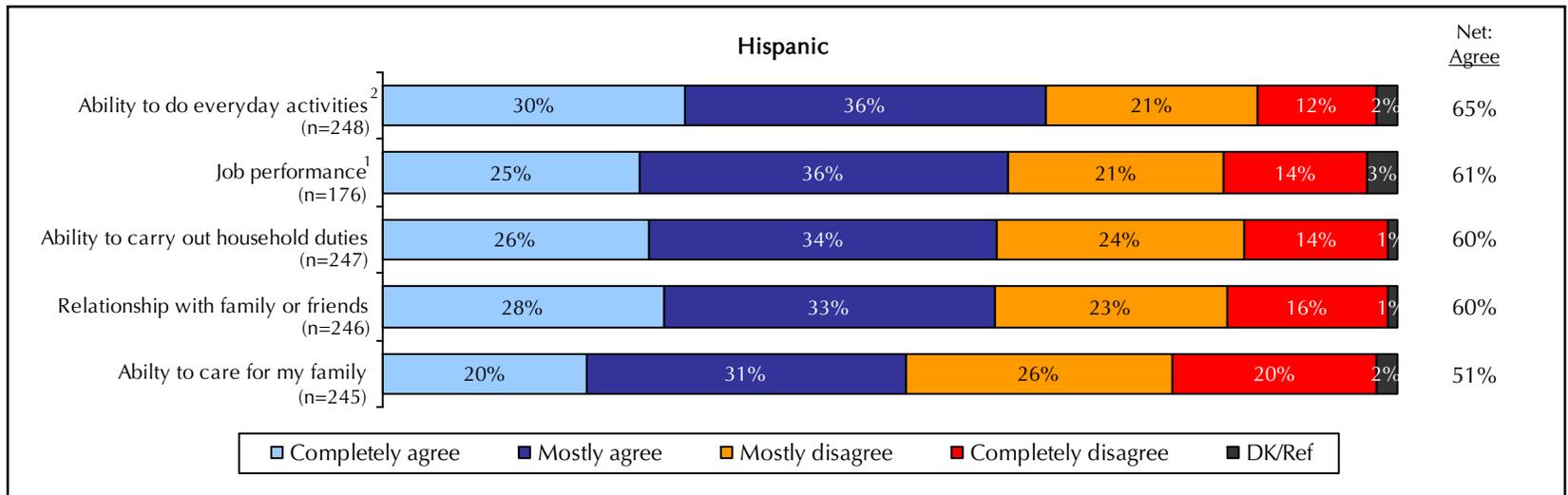
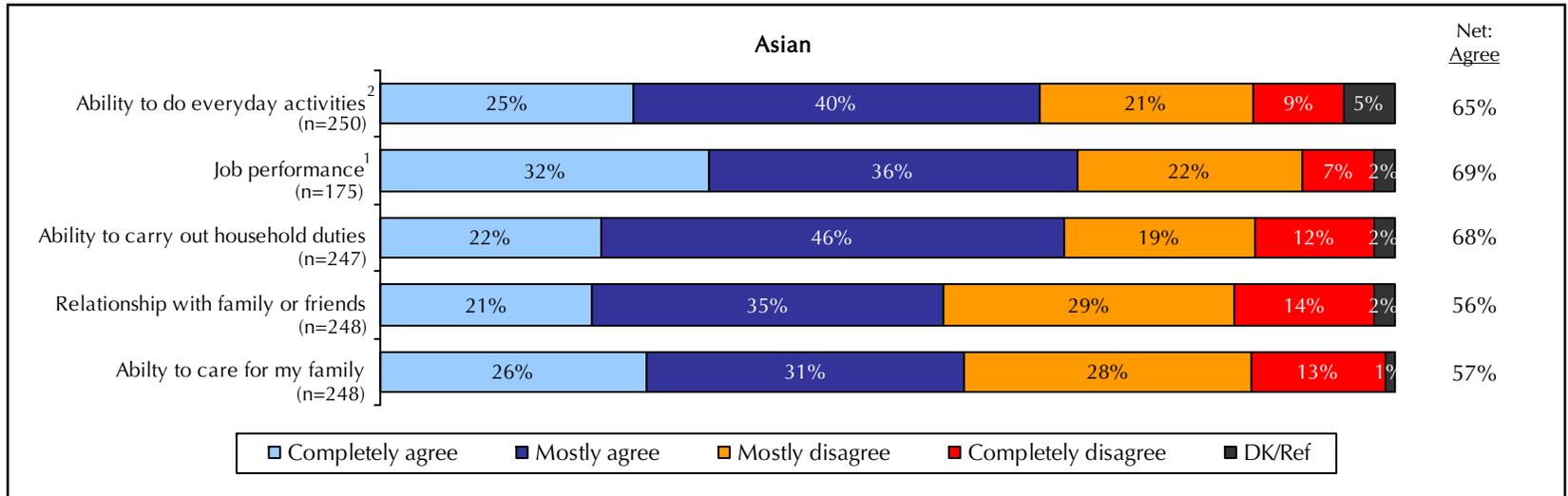
Level of Agreement About Impact of Not Getting Enough Sleep by Ethnicity

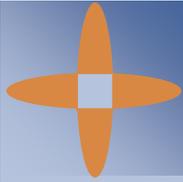




Impact of Sleepiness (continued)

Level of Agreement About Impact of Not Getting Enough Sleep by Ethnicity (continued)



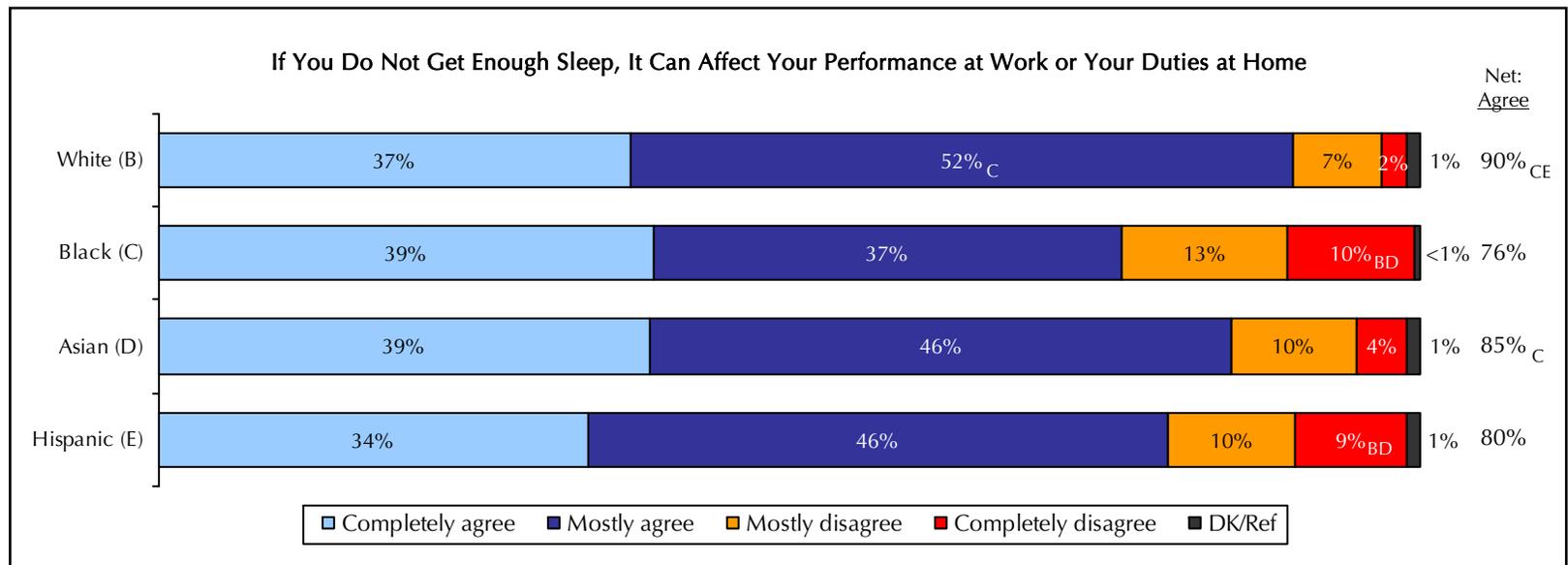


Sleep Education

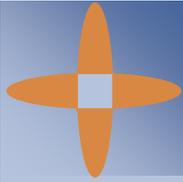
Respondents were asked how much they agree with the statement “if you do not get enough sleep, it can affect your performance at work or your duties at home,” using a scale of completely agree, mostly agree, mostly disagree or completely disagree.

Overall, Whites were the most likely of the ethnic groups surveyed to agree (completely agree/mostly agree) with the statement (90% vs. 85% Asians, 80% Hispanics and 76% Blacks).

- + Specifically, more than one-third of all respondents (39% Blacks, 39% Asians, 37% Whites and 34% Hispanics) completely agree with the statement regarding their performance at work or duties at home.
- + On the contrary, Blacks (10%) and Hispanics (9%) were much more likely than Asians (4%) and Whites (2%) to completely disagree that not getting enough sleep affects their performance at work or duties at home.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
Letters indicate significant differences at the 95% confidence level.
Q26A

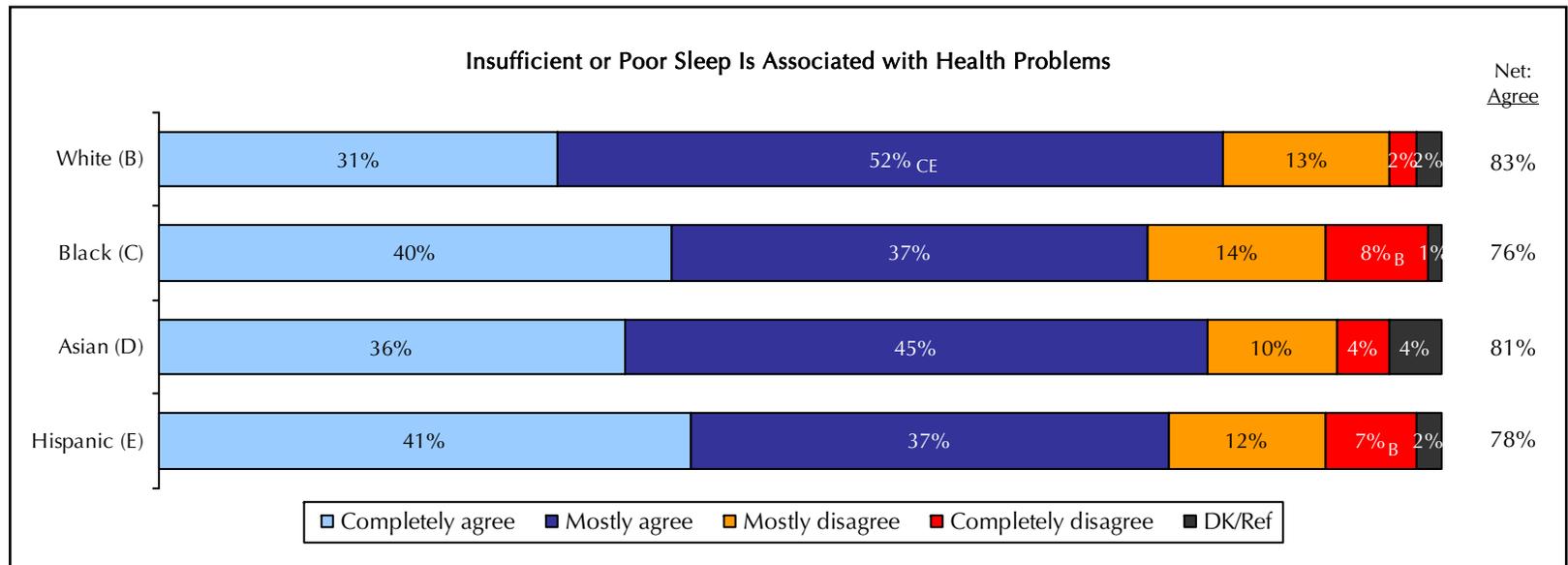


Sleep Education (continued)

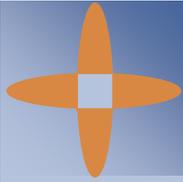
Respondents were then asked how much they agree with the statement “insufficient or poor sleep is associated with health problems,” using a scale of completely agree, mostly agree, mostly disagree or completely disagree.

Overall, more than three-fourths of respondents in each ethnic group surveyed agreed (completely agree/mostly agree) with the statement (83% Whites, 81% Asians, 78% Hispanics and 76% Blacks).

- + Specifically, about four in ten Hispanics (41%) and Blacks (40%) completely agree that insufficient or poor sleep is associated with health problems, while slightly fewer Asians (36%) and Whites (31%) completely agree.
- + Notably, Blacks (8%) and Hispanics (7%) were much more likely than Whites (2%) to completely disagree with the statement, while 4% of Asians completely disagree.



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)
Letters indicate significant differences at the 95% confidence level.
Q26B

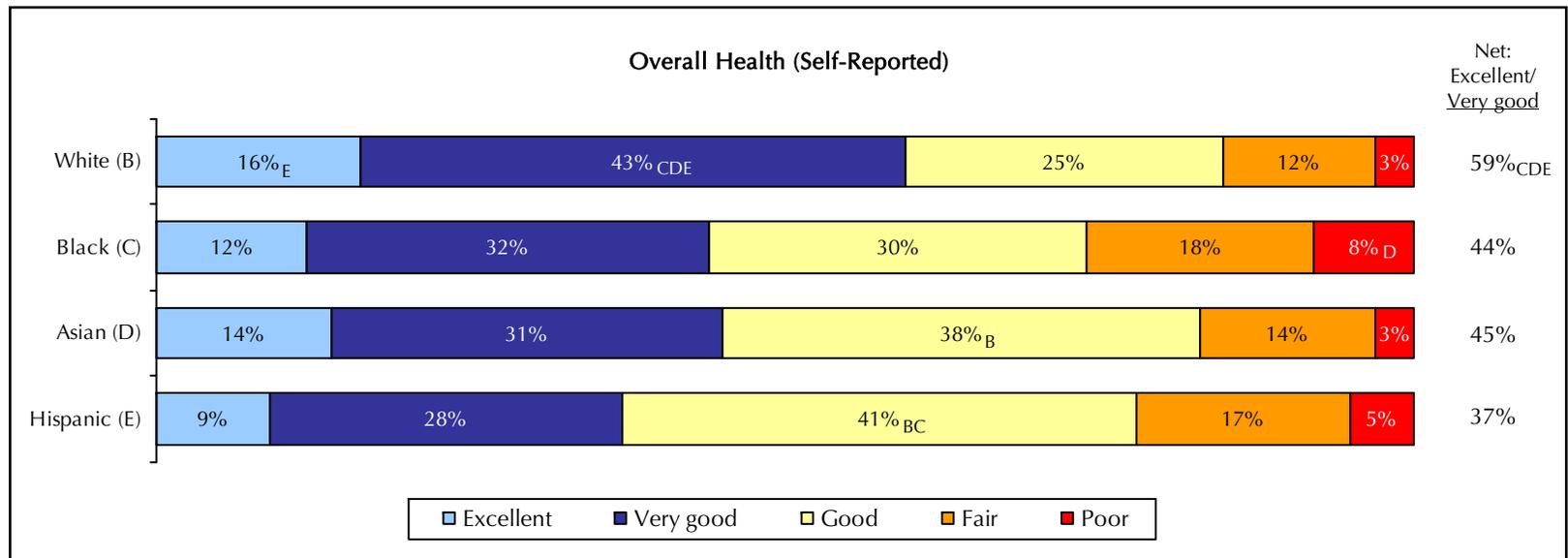


Overall Health Status

All respondents surveyed were asked to rate their current overall health, using a scale of excellent, very good, good, fair or poor.

Overall, Whites were much more likely than their counterparts to rate their overall health as either excellent or very good (59% vs. 45% Asians, 44% Blacks and 37% Hispanics).

- + Blacks tended to be the most likely of the ethnic groups surveyed to report their overall health as either fair or poor (26% vs. 22% Hispanics, 17% Asians and 16% Whites).



Base = Total sample (White n=255; Black n=250; Asian n=252; Hispanic n=250)

DK = <1%

Letters indicate significant differences at the 95% confidence level.

Q17



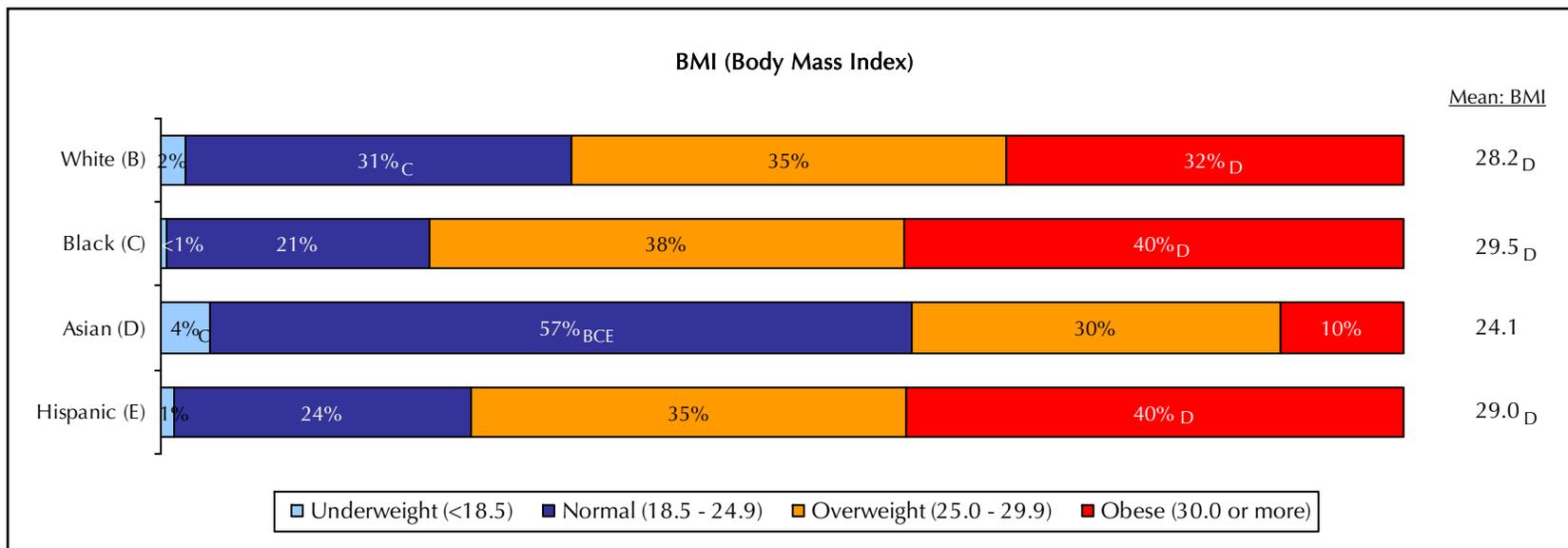
BMI

Respondents were asked to report their height and weight, without shoes. Using this information, the Body Mass Index (BMI) for all respondents was calculated using the following formula:

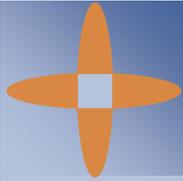
$$\text{BMI} = \frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 705$$

Respondents whose BMI is below 18.5 are considered underweight. Those who fall into a BMI range of 18.5 to 24.9 are classified as normal. Those who have a BMI score of 25.0 to 29.9 are classified as being overweight, and those who have a score of 30 or more are considered obese.

- ✦ The 2010 *Sleep in America* poll indicates that Asians are by far the least likely of the ethnic groups surveyed to be obese (10% vs. 40% Blacks, 40% Hispanics and 32% Whites) and the most likely to be normal weight (57% vs. 31% Whites, 24% Hispanics and 21% Blacks).



Base = Those answering (White n=247; Black n=234; Asian n=245; Hispanic n=236)
Letters indicate significant differences at the 95% confidence level.
Q19/Q20



Characteristics of Respondents

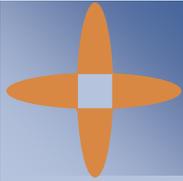
Characteristics of Respondents				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
Education n =	(254)	(247)	(248)	(247)
Net: High school or less	23% _D	38% _{BD}	8%	40% _{BD}
8 th grade or less	-	1	1	6 _{CD}
Some high school	5 _D	9 _D	1	9 _D
Graduated high school	18 _D	28 _{BD}	6	24 _D
Net: Technical school/Some college	27 _D	27 _D	14	31 _D
Vocational/Technical school	2	2	2	3
Some college	25 _D	25 _D	12	28 _D
Net: College graduate or above	50 _{CE}	36	78 _{BCE}	29
Graduated college	34 _{CE}	24	60 _{BCE}	22
Advanced degree	15 _E	12	18 _E	7
Gender ¹ n =	(255)	(250)	(252)	(250)
Male	47%	41%	49%	49%
Female	53	59	51	51

Base = Those answering

¹Base = Total sample

Letters indicate significant differences at the 95% confidence level.

S8, D2



Characteristics of Respondents (continued)

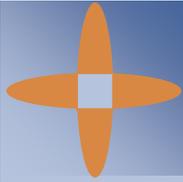
Characteristics of Respondents (continued)					
	White (B)	Black (C)	Asian (D)	Hispanic (E)	
Marital Status	n =	(254)	(246)	(250)	(249)
Married or Partnered		73% _{CE}	45%	64% _C	56% _C
Single		16	36 _{BE}	31 _B	26 _B
Divorced		4	10 _D	3	5
Living with someone		4 _D	2	1	5 _D
Separated		1	3	1	5 _{BD}
Widowed		1	3	1	3
Total Annual Household Income	n =	(233)	(219)	(215)	(216)
\$35,000 or less		22%	45% _{BD}	19%	39% _{BD}
\$35,001-\$75,000		38	39	32	40
More than \$75,000		41 _{CE}	16	49 _{CE}	20
<i>Mean</i>		<i>\$64,590_{CE}</i>	<i>\$46,100</i>	<i>\$68,540_{CE}</i>	<i>\$49,420</i>
<i>Median</i>		<i>\$64,810</i>	<i>\$39,330</i>	<i>\$73,790</i>	<i>\$43,630</i>
Socio-Economic Status¹	n =	(232)	(215)	(214)	(215)
Above Median		50% _{CE}	34%	66% _{BCE}	38%
Below Median		50 _D	66 _{BD}	34	62 _{BD}

Base = Those answering

¹Note: A respondent's socio-economic status was determined by the respondent's marital status and total annual household income. "Above median" status indicates respondents who are either married/partnered with incomes of more than \$75,000 or who are not married/partnered with incomes of more than \$35,000. "Below median" status indicates respondents are either married/partnered with incomes of \$75,000 or less or who are not married/partnered with incomes of \$35,000 or less. The median individual income for is \$31,547 according to the 2008 U.S. Census estimates.

Letters indicate significant differences at the 95% confidence level.

S7, D7



Characteristics of Respondents (continued)

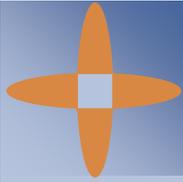
Characteristics of Respondents (continued)				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
Employment Status (Past Month) n =	(253)	(247)	(251)	(246)
Net: Employed	73%	65%	70%	72%
Working full-time	58	52	54	56
Working part-time	12	7	10	13
Working more than one job	3	7	6	4
Not working for pay	27	35	30	28
Work Schedule (Past Month)¹ n =	(186)	(158)	(173)	(174)
Regular schedule (9 AM – 5 PM)	76%	70%	79%	73%
Irregular schedule	11	5	7	9
Rotating shift (changes from days to evenings)	1	8 _{BD}	2	7 _{BD}
Evening shift (2 PM – 12 AM)	3	2	3	4
Night shift (9 PM – 8 AM)	4	5	1	2
Split shift (consisting of two distinct periods)	1	3	-	2
Other shift	4	8	7	4

Base = Those answering

¹Base = Those who are employed and answering

Letters indicate significant differences at the 95% confidence level.

S2, D3



Characteristics of Respondents (continued)

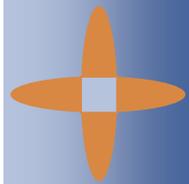
Characteristics of Respondents (continued)					
		White (B)	Black (C)	Asian (D)	Hispanic (E)
Number of People in Household	n =	(255)	(245)	(248)	(246)
<i>Mean (# of people)</i>		3.3 _C	2.9	3.7 _{BC}	3.7 _{BC}
<i>Median (# of people)</i>		3.0	3.0	4.0	4.0
Number of Adults in Household	n =	(253)	(241)	(242)	(235)
<i>Mean (# of adults)</i>		2.3 _C	2.0	2.7 _{BCE}	2.4 _C
<i>Median (# of adults)</i>		2.0	2.0	2.0	2.0
Number of Children in Household	n =	(254)	(245)	(244)	(245)
Any children		48%	50%	48%	60% _{BD}
<i>Mean (# of children)¹</i>		2.0	1.8	2.0	2.0
<i>Median (# of children)¹</i>		2.0	2.0	2.0	2.0
No children		52% _E	50%	52% _E	40%

Base = Those answering

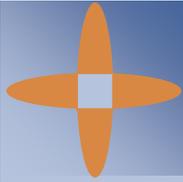
¹Base = Those with children

Letters indicate significant differences at the 95% confidence level.

D4, D5, D6



Sleep Profiles

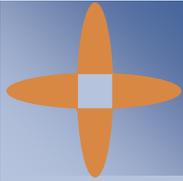


Sleep Profile – Ethnicity

Sleep Profile – Ethnicity				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
<u>"I had a good night's sleep"</u> n =	(255)	(250)	(252)	(250)
Every night/Almost every night	36%	45%	42%	38%
A few nights a month or less	32 _D	34 _D	16	28 _D
<u>Hours in bed on workdays/weekdays</u>				
Less than 6 hours	15%	18% _D	8%	15% _D
8 or more hours	41	33	37	43
<i>Mean (# of hours)</i>	<i>7.3</i>	<i>7.1</i>	<i>7.4</i>	<i>7.3</i>
<u>Hours in bed on non-workdays/weekends</u>				
Less than 6 hours	6%	9% _D	2%	4%
8 or more hours	66	60	62	62
<i>Mean (# of hours)</i>	<i>8.1</i>	<i>8.1</i>	<i>8.3</i>	<i>8.3</i>
<u>Average bed/wake times</u>				
Average bed time on workdays/weekdays	11:12 PM	11:30 PM	11:51 PM _{BE}	11:04 PM
Average wake time on workdays/weekdays	5:55 AM	6:08 AM	6:40 AM _{BE}	6:03 AM
Average bed time on non-workdays/weekends	11:48 PM	12:10 AM	12:26 AM _{BE}	12:00 AM
Average wake time on non-workdays/weekends	7:24 AM	6:53 AM	7:35 AM	7:21 AM
<u>Workday/Weekday schedule allows for enough sleep</u>				
Yes	77%	73%	74%	73%

Base = Total sample

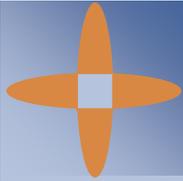
Letters indicate significant differences at the 95% confidence level.



Sleep Profile – Ethnicity (continued)

Sleep Profile – Ethnicity (continued)				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
Concerns disturbing sleep at least a few nights a week n =	(255)	(250)	(252)	(250)
Net: Any	28%	33%	25%	38% _{BD}
Employment concerns	15	18	11	17
Concerns about personal relationships	10	10	12	16
Financial concerns	20 _D	19 _D	9	22 _D
Health-related concerns	7	12	9	16 _{BD}
Sleep-aid usage – at least a few nights a week				
Net: Any	38% _D	33%	25%	36% _D
Net: Sleep medication	13 _D	9	5	8
Over-the-counter or store bought sleep aids	7 _D	3	2	4
Sleep medication prescribed by a doctor	6	7	3	5
Relaxation techniques	15	15	16	16
Alternative therapy	4 _C	<1	2	2
Alcohol, beer or wine	10 _D	9 _D	3	8 _D
Behavioral methods	21 _D	16	11	24 _D
Sleep disorders				
Net: Any	20% _D	19% _D	10%	19% _D
Sleep apnea	6	14 _{BD}	4	8
Restless legs syndrome	6 _C	1	2	3
Insomnia	10 _{CD}	3	4	7

Base = Total sample
 Letters indicate significant differences at the 95% confidence level.



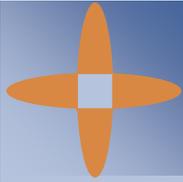
Sleep Profile – Ethnicity (continued)

Sleep Profile – Ethnicity (continued)				
	White (B)	Black (C)	Asian (D)	Hispanic (E)
Body mass index (BMI)¹ n =	(247)	(234)	(245)	(236)
Underweight	2%	<1%	4% _C	1%
Normal	31 _C	21	57 _{BCE}	24
Overweight	35	38	30	35
Obese	32 _D	40 _D	10	40 _D
Quality of life affected	(255)	(250)	(252)	(250)
Net: Affected	37%	31%	32%	33%
Missed family events/leisure activities/ work functions	19	22	24	22
Affected intimate/sexual relationship	23	20	17	20
Sleep education				
Insufficient or poor sleep is associated with health problems	83%	76%	81%	78%
If you do not get enough sleep, it can affect your performance at work or your duties at home	90 _{CE}	76	85 _C	80
Asked about/Discussed sleep with doctor/healthcare professional				
Yes	56% _D	45% _D	31%	48% _D
Overall health				
Net: Excellent/Very good	59% _{CDE}	44%	45%	37%

Base = Total sample

¹Base = Those answering

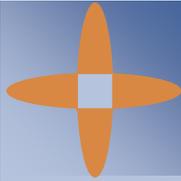
Letters indicate significant differences at the 95% confidence level.



Sleep Profile – Gender

Sleep Profile – Gender								
	White		Black		Asian		Hispanic	
	Male (B)	Female (C)	Male (D)	Female (E)	Male (F)	Female (G)	Male (H)	Female (I)
<u>“I had a good night’s sleep”</u> n =	(124)	(131)	(99)	(151)	(131)	(121)	(123)	(127)
Every night/Almost every night	28%	42%	53% _{BH}	39%	43% _B	42%	34%	43%
A few nights a month or less	33 _F	30 _C	30	36 _C	17	15	29 _F	28 _C
<u>Hours in bed on workdays/weekdays</u>								
Less than 6 hours	20%	10%	21%	16% _C	11%	5%	20% _I	10%
8 or more hours	30	51 _{EB}	36	31	37	37	36	50 _{EH}
<i>Mean (# of hours)</i>	<i>6.7</i>	<i>7.8_B</i>	<i>7.0</i>	<i>7.2</i>	<i>7.3_B</i>	<i>7.5</i>	<i>7.0</i>	<i>7.5</i>
<u>Hours in bed on non-workdays/weekends</u>								
Less than 6 hours	10% _{FC}	2%	12% _F	7%	2%	3%	4%	4%
8 or more hours	58	74 _B	58	61	59	66	55	68
<i>Mean (# of hours)</i>	<i>7.7</i>	<i>8.4_B</i>	<i>7.8</i>	<i>8.3</i>	<i>8.2_B</i>	<i>8.4</i>	<i>8.1</i>	<i>8.5</i>
<u>Average bed/wake times</u>								
Average bed time on workdays/weekdays	11:26 PM	10:59 PM	11:34 PM	11:28 PM	11:54 PM _H	11:48 PM _{Ci}	11:09 PM	11:00 PM
Average wake time on workdays/weekdays	5:41 AM	6:08 AM	6:23 AM	5:57 AM	6:37 AM _{BH}	6:43 AM	5:45 AM	6:21 AM
Average bed time on non-workdays/weekends	11:44 PM	11:51 PM	12:17 AM	12:06 AM	12:27 AM _B	12:24 AM _{Ci}	12:12 AM	11:48 PM
Average wake time on non-workdays/weekends	7:24 AM	7:24 AM	7:23 AM	6:32 AM	7:16 AM	7:53 AM _E	6:58 AM	7:44 AM _E
<u>Workday/Weekday schedule allows for enough sleep</u>								
Yes	77%	77%	78%	69%	82% _C	67%	73%	73%

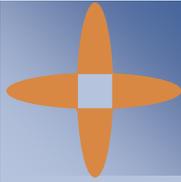
Base = Total sample
Letters indicate significant differences at the 95% confidence level.



Sleep Profile – Gender (continued)

Sleep Profile – Gender (continued)								
	White		Black		Asian		Hispanic	
	Male (B)	Female (C)	Male (D)	Female (E)	Male (F)	Female (G)	Male (H)	Female (I)
Concerns disturbing sleep at least a few nights a week n =	(124)	(131)	(99)	(151)	(131)	(121)	(123)	(127)
Net: Any	26%	29%	29%	36%	24%	26%	38% _F	38% _G
Employment concerns	15	15	13	22	8	14	18 _F	16
Concerns about personal relationships	13	7	14	8	9	14	18 _F	14
Financial concerns	21 _F	19 _G	17	21 _G	9	9	21 _F	24 _G
Health-related concerns	9	5	12	13	11	8	14	18 _{CG}
Sleep-aid usage – at least a few nights a week								
Net: Any	41% _F	35%	29%	37%	27%	24%	40% _F	33%
Net: Sleep medication	14	13 _G	7	11	6	3	8	9
Over-the-counter or store bought sleep aids	4	9	3	4	4	-	5	4
Sleep medication prescribed by a doctor	10 _F	3	5	8	2	3	4	5
Relaxation techniques	18	13	14	15	15	16	18	14
Alternative therapy	2	6 _E	-	<1	1	2	3	2
Alcohol, beer or wine	10	11 _{GI}	6	10 _{GI}	4	2	13 _{FI}	3
Behavioral methods	24 _F	18	14	18	12	11	25 _F	23 _G
Sleep disorders								
Net: Any	22% _F	19%	24% _F	16%	10%	9%	17%	20% _G
Sleep apnea	10	2	20 _F	10	5	4	9	7
Restless legs syndrome	4	8	<1	1	3	-	3	4
Insomnia	9 _D	10	2	5	3	5	7	7

Base = Total sample
Letters indicate significant differences at the 95% confidence level.



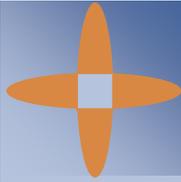
Sleep Profile – Gender (continued)

Sleep Profile – Gender (continued)								
	White		Black		Asian		Hispanic	
	Male (B)	Female (C)	Male (D)	Female (E)	Male (F)	Female (G)	Male (H)	Female (I)
Body mass index (BMI)¹ n =	(124)	(123)	(95)	(139)	(130)	(115)	(122)	(114)
Underweight	-%	3%	<1%	<1%	3%	4%	2%	-%
Normal	22	39 _{EB}	26	18	49 _{BDH}	64 _{CEIF}	14	34 _{EH}
Overweight	39	32	40	37 _G	39 _G	20	39	31
Obese	39 _F	26 _G	34 _F	45 _{CG}	8	11	44 _{FI}	35 _G
Quality of life affected n =	(124)	(131)	(99)	(151)	(131)	(121)	(123)	(127)
Net: Affected	22%	49% _{GIB}	20%	39% _D	31%	33%	33%	34%
Missed family events/leisure activities/ work functions	12	25 _B	14	28 _D	23 _B	24	24 _B	20
Affected intimate/sexual relationship	15	29 _B	12	26 _D	15	19	18	21
Sleep education								
Insufficient or poor sleep is associated with health problems	84%	82%	79%	75%	80%	82%	76%	80%
If you do not get enough sleep, it can affect your performance at work or your duties at home	89 _H	90 _E	79	74	81	89 _E	77	82
Asked about/Discussed sleep with doctor/healthcare professional								
Yes	50% _F	61% _{EG}	51% _F	40%	33%	30%	41%	55% _{EGH}
Overall health								
Net: Excellent/Very good	65% _{DH}	54% _{CI}	44%	43%	54% _{HG}	37%	38%	37%

Base = Total sample

¹Base = Those answering

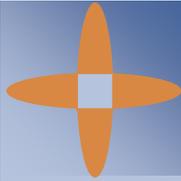
Letters indicate significant differences at the 95% confidence level.



Sleep Profile – Socio-Economic Status

Sleep Profile – Socio-Economic Status								
	White		Black		Asian		Hispanic	
	Below Median (J)	Above Median (K)	Below Median (L)	Above Median (M)	Below Median (N)	Above Median (O)	Below Median (P)	Above Median (Q)
“I had a good night’s sleep” n =	(114)	(118)	(129)	(86)	(71)	(143)	(137)	(78)
Every night/Almost every night	34%	38%	42%	48%	35%	40%	40%	34%
A few nights a month or less	37	27 _O	36	30 _O	23	15	28	28 _O
Hours in bed on workdays/weekdays								
Less than 6 hours	14%	18%	17%	19%	9%	9%	13%	18%
8 or more hours	51 _{LK}	33	34	36	47 _O	31	43	38
Mean (# of hours)	7.7 _K	6.8	7.3	6.9	7.6	7.2	7.3	7.1
Hours in bed on non-workdays/weekends								
Less than 6 hours	7%	6%	8%	9%	2%	2%	3%	4%
8 or more hours	66	69	60	62	65	61	61	58
Mean (# of hours)	8.0	8.2	8.1	8.0	8.7 _{JO}	8.2	8.3	8.2
Average bed/wake times								
Average bed time on workdays/weekdays	11:27 PM	10:52 PM	11:24 PM	11:41 PM ^K	11:54 PM ^P	11:56 PM ^K	11:00 PM	11:30 PM
Average wake time on workdays/weekdays	5:45 AM	5:45 AM	6:31 AM	5:20 AM ^K	6:19 AM ^{JP}	6:45 AM ^{KMQ}	6:16 AM	5:47 AM ^K
Average bed time on non-workdays/weekends	11:55 PM	11:33 PM	12:14 AM	12:09 AM	12:34 AM	12:26 AM	11:57 PM	12:28 AM
Average wake time on non-workdays/weekends	6:59 AM	7:41 AM	6:46 AM	7:00 AM	7:29 AM	7:40 AM	7:28 AM	7:32 AM
Workday/Weekday schedule allows for enough sleep								
Yes	73%	80%	71%	72%	71%	75%	71%	75%

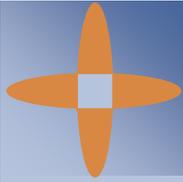
Base = Total sample
 Letters indicate significant differences at the 95% confidence level.



Sleep Profile – Socio-Economic Status (continued)

Sleep Profile – Socio-Economic Status (continued)								
	White		Black		Asian		Hispanic	
	Below Median (J)	Above Median (K)	Below Median (L)	Above Median (M)	Below Median (N)	Above Median (O)	Below Median (P)	Above Median (Q)
Concerns disturbing sleep at least a few nights a week n =	(114)	(118)	(129)	(86)	(71)	(143)	(137)	(78)
Net: Any	38% _K	16%	36%	26%	38% _O	20%	42%	34% _{KO}
Employment concerns	23 _K	7	23 _M	6	16	8	17	18
Concerns about personal relationships	14	4	10	12	19 _O	8	16	17 _K
Financial concerns	32 _{NK}	8	22	11	15	6	26	20 _{KO}
Health-related concerns	10	2	14	10	14	8	20	10 _K
Sleep-aid usage – at least a few nights a week								
Net: Any	45% _N	31%	37%	26%	26%	26%	41% _{NQ}	26%
Net: Sleep medication	20 _{NK}	7	10	7	7	5	11 _Q	2
Over-the-counter or store bought sleep aids	10	3	4	3	2	2	4	2
Sleep medication prescribed by a doctor	10	5	8	4	4	2	7 _Q	1
Relaxation techniques	17	13	15	14	15	15	17	13
Alternative therapy	6	2	<1	-	2	2	3	3
Alcohol, beer or wine	9	9 _O	12	5	6	2	6	10 _O
Behavioral methods	26	17	18	13	13	12	29 _N	18
Sleep disorders								
Net: Any	32% _{LNK}	10%	16%	26% _{KOQ}	14%	9%	22% _Q	9%
Sleep apnea	8	5	11	21 _{KOQ}	8	4	10	6
Restless legs syndrome	10 _P	3	1	-	2	1	1	1
Insomnia	17 _{LNK}	2	3	3	4	4	7	4

Base = Total sample
Letters indicate significant differences at the 95% confidence level.



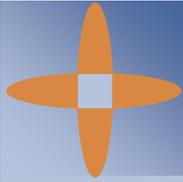
Sleep Profile – Socio-Economic Status (continued)

Sleep Profile – Socio-Economic Status (continued)								
	White		Black		Asian		Hispanic	
	Below Median (J)	Above Median (K)	Below Median (L)	Above Median (M)	Below Median (N)	Above Median (O)	Below Median (P)	Above Median (Q)
Body mass index (BMI)¹ n =	(111)	(116)	(123)	(84)	(68)	(140)	(130)	(75)
Underweight	3%	<1%	<1%	1%	2%	4%	1%	-%
Normal	24	34 _M	26	16	55 _{JLP}	57 _{KMQ}	23	26
Overweight	37	38	38	39	30	30	29	40
Obese	36 _N	28 _O	36 _N	44 _O	12	9	47 _N	34 _O
Quality of life affected n =	(114)	(118)	(129)	(86)	(71)	(143)	(137)	(78)
Net: Affected	42%	33%	37% _M	21%	34%	31%	33%	38% _M
Missed family events/leisure activities/ work functions	23	16	26	17	27	23	20	25
Affected intimate/sexual relationship	24	20	27 _M	8	16	18	22	23 _M
Sleep education								
Insufficient or poor sleep is associated with health problems	81%	86%	78%	79%	79%	85%	81%	76%
If you do not get enough sleep, it can affect your performance at work or your duties at home	91 _P	90 _M	79	69	82	86 _M	77	85 _M
Asked about/Discussed sleep with doctor/healthcare professional								
Yes	60% _{LN}	50% _O	42%	53% _O	32%	32%	52% _N	43%
Overall health								
Net: Excellent/Very good	52% _{NP}	65% _{OQ}	36%	58% _{OL}	31%	54% _{ON}	35%	42%

Base = Total sample

¹Base = Those answering

Letters indicate significant differences at the 95% confidence level.



Sleep Profile – “Had a Good Night’s Sleep”

Sleep Profile – “Had a Good Night’s Sleep”								
	White		Black		Asian		Hispanic	
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)
Hours in bed on workdays/weekdays								
Less than 6 hours	12%	16%	11%	24% _{KH}	7%	9%	12%	17%
8 or more hours	39	42 _I	45 _I	24	38	36 _I	51 _M	38 _I
Mean (# of hours)	7.2	7.4	7.7 _I	6.7	7.4	7.4 _I	7.3	7.2
Hours in bed on non-workdays/weekends								
Less than 6 hours	7%	6%	6%	12% _K	3%	2%	1%	6%
8 or more hours	62	69	57	63	60	65	69	57
Mean (# of hours)	7.7	8.2	8.2	8.0	8.2 _F	8.4	8.3 _F	8.3
Average bed/wake times								
Average bed time on workdays/weekdays	10:52 PM	11:23 PM	11:00 PM	11:55 PM _{MH}	11:47 PM _{FHL}	11:54 PM _M	10:48 PM	11:15 PM
Average wake time on workdays/weekdays	6:14 AM	5:45 AM	6:36 AM	5:43 AM	6:41 AM	6:39 AM _{GI}	6:03 AM	6:04 AM
Average bed time on non-workdays/weekends	11:40 PM	11:52 PM	12:13 AM _L	12:08 AM	12:08 AM	12:39 AM _{GJ}	11:33 PM	12:17 AM _L
Average wake time on non-workdays/weekends	7:22 AM	7:26 AM	7:19 AM	6:32 AM	7:37 AM	7:34 AM	7:50 AM	7:04 AM
Workday/Weekday schedule allows for enough sleep								
Yes	90% _{IG}	70%	92% _{JL}	57%	79%	70%	89% _{OM}	63%

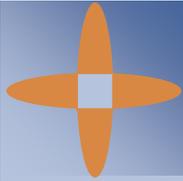
Base = Total sample
Letters indicate significant differences at the 95% confidence level.



Sleep Profile – “Had a Good Night’s Sleep” (continued)

Sleep Profile – “Had a Good Night’s Sleep” (continued)								
	White		Black		Asian		Hispanic	
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)
Concerns disturbing sleep at least a few nights a week n =	(92)	(163)	(112)	(138)	(112)	(139)	(99)	(151)
Net: Any	14%	35% _F	19%	45% _H	17%	31% _J	18%	51% _{GKL}
Employment concerns	9	19 _F	10	25 _{KH}	9	13	5	24 _{KL}
Concerns about personal relationships	2	14 _F	7	13	5	17 _J	5	23 _L
Financial concerns	8	26 _{KF}	11	26 _{KH}	6	10	11	29 _{KL}
Health-related concerns	2	10 _F	4	19 _H	6	12	6	22 _{GKL}
Sleep-aid usage – at least a few nights a week								
Net: Any	23%	46% _{KF}	23%	42% _{KH}	24%	26%	14%	50% _{KL}
Net: Sleep medication	2	19 _{KF}	7	11	5	4	3	11 _{KL}
Over-the-counter or store bought sleep aids	2	10 _{KF}	3	3	2	2	2	6
Sleep medication prescribed by a doctor	1	10 _{KF}	4	9	4	2	1	7 _L
Relaxation techniques	10	18	13	16	18	14	11	19
Alternative therapy	-	7 _{IK}	-	<1	2	1	-	4
Alcohol, beer or wine	6	13 _K	8 _L	10	2	3	1	12 _{KL}
Behavioral methods	12	25 _{KF}	7	24 _H	9	13	6	35 _{KL}

Base = Total sample
Letters indicate significant differences at the 95% confidence level.



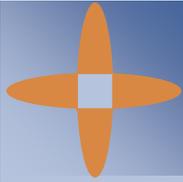
Sleep Profile – “Had a Good Night’s Sleep” (continued)

Sleep Profile – “Had a Good Night’s Sleep” (continued)								
	White		Black		Asian		Hispanic	
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)
Sleep disorders	n =							
Net: Any	7%	28% _{KF}	12% _{OJ}	25%	2%	15% _{OJ}	11% _{OJ}	23% _{OL}
Sleep apnea	2	8	10 _J	17 _K	1	7 _J	6	10
Restless legs syndrome	4	7	-	2	1	2	1	5 _L
Insomnia	2	14 _{IKF}	1	5	1	6 _J	3	9 _L
Body mass index (BMI)¹	n =							
Underweight	3%	1%	-%	1%	3%	4%	2%	1%
Normal	27	33 _{IM}	22	20	51 _{FHL}	61 _{GIM}	28	21
Overweight	39	33	43	34	34	27	35	36
Obese	31 _J	33 _K	35 _J	44 _K	12	8	35 _J	43 _K
Quality of life affected	n =							
Net: Affected	28% _{OL}	41%	18%	42% _{OH}	26% _{OL}	36%	14%	45% _{OL}
Missed family events/leisure activities/ work functions	13	22	10	32 _H	17 _L	28 _J	5	33 _L
Affected intimate/sexual relationship	16	26	15	24	14	19	10	26 _L

Base = Total sample

¹Base = Those answering

Letters indicate significant differences at the 95% confidence level.



Sleep Profile – “Had a Good Night’s Sleep” (continued)

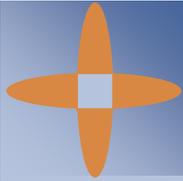
Sleep Profile – “Had a Good Night’s Sleep” (continued)								
	White		Black		Asian		Hispanic	
	Every night/ Almost every night (F)	A few nights a week or less (G)	Every night/ Almost every night (H)	A few nights a week or less (I)	Every night/ Almost every night (J)	A few nights a week or less (K)	Every night/ Almost every night (L)	A few nights a week or less (M)
Sleep education n =	(92)	(163)	(112)	(138)	(112)	(139)	(99)	(151)
Insufficient or poor sleep is associated with health problems	82%	84%	71%	81%	79%	83%	74%	81%
If you do not get enough sleep, it can affect your performance at work or your duties at home	88 _{HL}	91 _I	72	79	84	86	73	84
Asked about/Discussed sleep with doctor/healthcare professional								
Yes	45% _{OI}	62% _{OKF}	40%	48% _{OK}	29%	32%	33%	57% _{OKL}
Overall health								
Net: Excellent/Very good	75% _{ILG}	50% _{IKM}	61% _{OLI}	29%	56% _{OK}	37%	44%	33%

Base = Total sample

Letters indicate significant differences at the 95% confidence level.



Appendix



Standard Error

Because in research the entire population is typically not interviewed, but rather a sample of that population is surveyed, the data are subject to sampling error. A sample size of approximately 250 per race/ethnicity will yield data with a maximum fluctuation of ± 6.2 percentage points at the 95% confidence level. However, the actual standard error may be smaller, depending on the data being examined. Standard errors are shown below for various study percentages, at the 95% confidence level:

	40% or 60%	30% or 70%	20% or 80%	10% or 90%	1% or 99%
If the study percentage is around:	50%				
Then, the standard error in percentage points is:					
Total Sample (n=1,007)	± 3.1	± 3.0	± 2.8	± 2.5	± 1.9
White (n=255)	± 6.1	± 6.0	± 5.6	± 4.9	± 3.7
Black (n=250)	± 6.2	± 6.1	± 5.7	± 5.0	± 3.7
Asian (n=252)	± 6.2	± 6.0	± 5.7	± 4.9	± 3.7
Hispanic (n=250)	± 6.2	± 6.1	± 5.7	± 5.0	± 3.7

For example, if a question yielded a percentage of 20% among the Total Sample, then we can be sure 95 out of 100 times that the true percentage would lie between 17.5% and 22.5% (20% ± 2.5 percentage points).



Survey Instrument



NATIONAL SLEEP FOUNDATION 2010 SLEEP IN AMERICA POLL: SLEEP & ETHNICITY SCREENING QUESTIONNAIRE

DISPLAY NAME OF MARKET WITH PHONE NUMBER TO DIAL.

IF NAMED SAMPLE: May I please speak with <INSERT NAME FROM SAMPLE>?

IF NO NAME IN SAMPLE: May I please speak with a head of household?

INTERVIEWER NOTE: If the respondent doesn't understand the term "head of household," you may explain that it is the man or woman of the house. You may also speak with any adult 25-60 even if they are not a head of the household.

Hello, my name is ___ with WB&A, a national public opinion company. I am calling on behalf of the National Sleep Foundation to conduct a survey about sleep among people in America. This is not a sales call; it is a national research study. Your responses will be kept strictly confidential. This call may be monitored or recorded for quality assurance purposes.

(ONLY IF ASKED, READ: This survey will take approximately 15 minutes of your time, depending on your responses.)

OPTIONAL CUSTOMIZATION FOR TIER 3-4 INTERVIEWERS ONLY:

MUST SAY:	CAN SAY:	CAN'T SAY:
<ul style="list-style-type: none"> Name With WB&A Market Research Conducting a survey/research study Call may be monitored or recorded for quality assurance purposes 	<ul style="list-style-type: none"> Client – National Sleep Foundation Topic – Learn about your sleep habits and how they affect your daily activities Got name/number – Randomly generated phone numbers based on census regions across the United States Length – 15 minutes, on average (depending on answers) Not selling anything 	<ul style="list-style-type: none"> Background of why we're doing it (beyond "topic" mentioned in intro) Theme of Poll

NOTE: You can use any words you choose to make these points, but you must be appropriate and professional (as determined by monitoring supervisor)

READ: First, I have just a few questions to make sure we speak to a variety of people all over the United States.

S1. Please stop me when I reach the category which includes your age. (READ LIST.)

- 01 Under 18, → GO TO S1A
- 02 18 to 24, → GO TO S1A
- 03 25 to 30, → SKIP TO S2
- 04 31 to 40, → SKIP TO S2
- 05 41 to 50, → SKIP TO S2
- 06 51 to 60, or → SKIP TO S2
- 07 61 or older? → GO TO S1A
- 98 DO NOT READ: Refused → GO TO S1A

IF NOT IN AGE RANGE [S1(01-02,07,98)], ASK S1A.

S1A. For this particular study, we are interested in speaking with adults between the ages of 25 and 60. Is there anyone else in your household we could speak to that falls in this age range?

- 01 Yes → RETURN TO INTRO
- 02 No → SKIP TO CLOSE 1 & THANK AND TERMINATE
- 98 Refused → SKIP TO CLOSE 1 & THANK AND TERMINATE

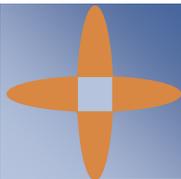
ASK EVERYONE.

S2. What has been your employment status over the past month? Were you primarily...? (READ LIST. ACCEPT ONLY ONE RESPONSE.)

- 01 Working more than one job,
- 02 Working full-time,
- 03 Working part-time, or
- 04 Do you currently not work for pay?
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know

S3. Do you consider yourself to be Hispanic or Latino?

- 01 Yes → CONTINUE AS HISPANIC (QUOTA = 250)
- 02 No
- 98 Refused
- 99 Don't know



Survey Instrument (continued)

S4. Would you consider yourself to be White/Caucasian, Black/African-American, Asian or of some other racial or ethnic background? (DO NOT READ LIST. ACCEPT ONE RESPONSE ONLY.)

- 01 White/Caucasian → CONTINUE AS WHITE (QUOTA = 250)
- 02 Black/African-American → CONTINUE AS BLACK (QUOTA = 250)
- 03 Asian → CONTINUE AS ASIAN (QUOTA = 250)
- 04 Alaska Native
- 05 American Indian
- 06 Native Hawaiian
- 07 Other Pacific Islander → IF HISPANIC [S3(01)], CONTINUE. OTHERWISE, CONTINUE THROUGH S8 & THEN READ OVERQUOTA CLOSE TO TERMINATE.
- 09 Hispanic/Latino
- 08 Bi-racial or multi-racial
- 95 Other (SPECIFY:) _____
- 96 None of these
- 98 Refused
- 99 Don't know

IF OVERQUOTA IN S3 OR S4, CONTINUE THROUGH S8 AND THEN READ OVERQUOTA CLOSE.

S5. What state do you live in? (RECORD AS 2 DIGIT NUMBER FROM CHEAT SHEET. PROGRAMMING NOTE: STATE WILL DETERMINE REGION. IF REFUSED (98), CONTINUE THROUGH S8 & THEN READ OVERQUOTA CLOSE TO TERMINATE.)

PROGRAMMING NOTE: TRACK VARIABLE BUT DO NOT SET QUOTAS BY REGION.

S6. And, what is the zip code of your primary residence? (RECORD AS 5 DIGIT NUMBER. USE 99998 FOR REFUSED AND 99999 FOR DON'T KNOW.)

S7. What is your marital status? Are you...? (READ LIST.)

- 01 Married or partnered,
- 02 Single,
- 03 Living with someone,
- 04 Divorced,
- 05 Separated, or
- 06 Widowed?
- 98 DO NOT READ: Refused

S8. RECORD, DO NOT ASK: Gender

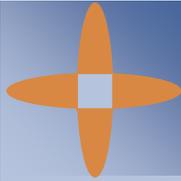
- 01 Male
- 02 Female

IF CELL PHONE SAMPLE, READ: We understand that many people use their cell phone as their primary phone. If you happen to be talking on your cell phone now, and if at any point during this interview you are unable to continue, please let me know, and I will be happy to schedule a time to call you back or call you back at a different phone number.

IF OVERQUOTA, READ: Unfortunately, we have already spoken to a number of people who share similar characteristics, so those are all the questions I have for you this evening/afternoon. Thank you very much for your time.

CLOSE 1: Those are all the questions I have for you this evening/afternoon. Thank you very much for your time.

****GO TO MAIN QUESTIONNAIRE****



Survey Instrument (continued)

wba
MARKET RESEARCH
Job #09-641
September 2009

2010 SLEEP IN AMERICA POLL MAIN QUESTIONNAIRE

ASK EVERYONE.

As I mentioned earlier, this survey is about sleep habits among people in America. Keep in mind, there are no right or wrong answers. First, I would like to ask you some general questions regarding sleep. Please think about your sleep schedule in the past two weeks.

Q1. At what time do you usually get up on days you work or on a weekday? (DO NOT READ LIST.)

01	12:00 AM (Midnight)	16	8:15 AM – 8:29 AM
02	12:01 AM – 4:59 AM	17	8:30 AM – 8:44 AM
03	5:00 AM – 5:14 AM	18	8:45 AM – 8:59 AM
04	5:15 AM – 5:29 AM	19	9:00 AM – 9:14 AM
05	5:30 AM – 5:44 AM	20	9:15 AM – 9:29 AM
06	5:45 AM – 5:59 AM	21	9:30 AM – 9:44 AM
07	6:00 AM – 6:14 AM	22	9:45 AM – 9:59 AM
08	6:15 AM – 6:29 AM	23	10:00 AM – 10:59 AM
09	6:30 AM – 6:44 AM	24	11:00 AM – 11:59 AM
10	6:45 AM – 6:59 AM	25	12:00 PM (Noon) – 5:59 PM
11	7:00 AM – 7:14 AM	26	6:00 PM – 11:59 PM
12	7:15 AM – 7:29 AM	98	Refused
13	7:30 AM – 7:44 AM	99	Don't know
14	7:45 AM – 7:59 AM		
15	8:00 AM – 8:14 AM		

INTERVIEWER NOTE IF Q1(25-26), YOU WILL BE ASKED TO CONFIRM PM TIME.

Q2. At what time do you usually go to bed on nights before workdays or weekdays? (DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)

01	12:00 AM (Midnight)	13	9:45 PM – 9:59 PM
02	12:01 AM – 12:59 AM	14	10:00 PM – 10:14 PM
03	1:00 AM – 1:59 AM	15	10:15 PM – 10:29 PM
04	2:00 AM – 5:00 AM	16	10:30 PM – 10:44 PM
05	5:01 AM – 8:59 AM	17	10:45 PM – 10:59 PM
06	9:00 AM – 11:59 AM	18	11:00 PM – 11:14 PM
07	12:00 PM (Noon) – 6:59 PM	19	11:15 PM – 11:29 PM
08	7:00 PM – 7:59 PM	20	11:30 PM – 11:44 PM
09	8:00 PM – 8:59 PM	21	11:45 PM – 11:59 PM
10	9:00 PM – 9:14 PM	98	Refused
11	9:15 PM – 9:29 PM	99	Don't know
12	9:30 PM – 9:44 PM		

INTERVIEWER NOTE IF Q2(05-07), YOU WILL BE ASKED TO CONFIRM TIME.

Q3. Thinking about your usual non-workday or weekend, please answer the following questions. At what time do you usually get up on days you do not work or weekends? (DO NOT READ LIST.)

01	12:00 AM (Midnight)	15	8:00 AM – 8:14 AM
02	12:01 AM – 4:59 AM	16	8:15 AM – 8:29 AM
03	5:00 AM – 5:14 AM	17	8:30 AM – 8:44 AM
04	5:15 AM – 5:29 AM	18	8:45 AM – 8:59 AM
05	5:30 AM – 5:44 AM	19	9:00 AM – 9:14 AM
06	5:45 AM – 5:59 AM	20	9:15 AM – 9:29 AM
07	6:00 AM – 6:14 AM	21	9:30 AM – 9:44 AM
08	6:15 AM – 6:29 AM	22	9:45 AM – 9:59 AM
09	6:30 AM – 6:44 AM	23	10:00 AM – 10:59 AM
10	6:45 AM – 6:59 AM	24	11:00 AM – 11:59 AM
11	7:00 AM – 7:14 AM	25	12:00 PM (Noon) – 5:59 PM
12	7:15 AM – 7:29 AM	26	6:00 PM – 11:59 PM
13	7:30 AM – 7:44 AM	98	Refused
14	7:45 AM – 7:59 AM	99	Don't know

INTERVIEWER NOTE IF Q3(25-26), YOU WILL BE ASKED TO CONFIRM PM TIME.

Q4. At what time do you usually go to bed on nights you do not work the next day or weekends? (DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)

01	12:00 AM (Midnight)	13	9:45 PM – 9:59 PM
02	12:01 AM – 12:59 AM	14	10:00 PM – 10:14 PM
03	1:00 AM – 1:59 AM	15	10:15 PM – 10:29 PM
04	2:00 AM – 5:00 AM	16	10:30 PM – 10:44 PM
05	5:01 AM – 8:59 AM	17	10:45 PM – 10:59 PM
06	9:00 AM – 11:59 AM	18	11:00 PM – 11:14 PM
07	12:00 PM (Noon) – 6:59 PM	19	11:15 PM – 11:29 PM
08	7:00 PM – 7:59 PM	20	11:30 PM – 11:44 PM
09	8:00 PM – 8:59 PM	21	11:45 PM – 11:59 PM
10	9:00 PM – 9:14 PM	98	Refused
11	9:15 PM – 9:29 PM	99	Don't know
12	9:30 PM – 9:44 PM		

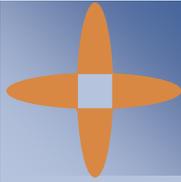
INTERVIEWER NOTE IF Q4(05-07), YOU WILL BE ASKED TO CONFIRM TIME.

Q5. On workdays or weekdays, how many hours, not including naps, do you usually sleep during one night? (RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. RECORD 98 FOR REFUSED AND 99 FOR DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)

Hours: _____
Minutes: _____

Q6. On days you do not work or on weekends, how many hours, not including naps, do you usually sleep during one night? (RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. RECORD 98 FOR REFUSED AND 99 FOR DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)

Hours: _____
Minutes: _____



Survey Instrument (continued)

Q7. How many hours of sleep do you need to function at your best during the day? (DO NOT READ LIST.)

- | | | | |
|----|-------------------------|----|--------------------------|
| 01 | Less than 3 hours | 09 | 10 to less than 11 hours |
| 02 | 3 to less than 4 hours | 10 | 11 to less than 12 hours |
| 03 | 4 to less than 5 hours | 11 | 12 to less than 13 hours |
| 04 | 5 to less than 6 hours | 12 | 13 to less than 14 hours |
| 05 | 6 to less than 7 hours | 13 | 14 hours or more |
| 06 | 7 to less than 8 hours | 98 | Refused |
| 07 | 8 to less than 9 hours | 99 | Don't know |
| 08 | 9 to less than 10 hours | | |

Q8. OMITTED

Q9. OMITTED

Q10. On how many nights would you say "I had a good night's sleep"? Would you say...? (READ LIST.)

- | | |
|----|------------------------------------|
| 05 | Every night or almost every night, |
| 04 | A few nights a week, |
| 03 | A few nights a month, |
| 02 | Rarely, or |
| 01 | Never? |
| 98 | DO NOT READ: Refused |
| 99 | DO NOT READ: Don't know |

SLEEP HABITS

Q11. Thinking about your sleep and sleep habits within the past month, how often would you say that you [INSERT] in the hour before you went to bed? (RANDOMIZE. NEVER ALLOW ATTRIBUTE F TO BE LAST.)

READ FIRST TIME, THEN ONLY AS NEEDED: Would you say every night or almost every night, a few nights a week, a few nights a month, rarely or never?

	Every night or almost every night	A few nights a week	A few nights a month	Rarely	Never	Not Applicable	Refused	Don't know
a. IF S2(01-03): Did work relating to your job	05	04	03	02	01	96	98	99
b. Watched TV	05	04	03	02	01	96	98	99
c. Listened to the radio or music	05	04	03	02	01	96	98	99
d. Were on the computer or Internet	05	04	03	02	01	96	98	99
e. Read	05	04	03	02	01	96	98	99
f. Had sex	05	04	03	02	01	96	98	99
g. Exercised	05	04	03	02	01	96	98	99
h. Did activities with friends or family	05	04	03	02	01	96	98	99
i. Drank an alcoholic beverage	05	04	03	02	01	96	98	99
j. OMITTED	05	04	03	02	01	96	98	99
k. Completed household chores	05	04	03	02	01	96	98	99
l. Prayed or done another religious practice	05	04	03	02	01	96	98	99

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Q12. Most nights, do you sleep...? (READ LIST. MULTIPLE RESPONSES ACCEPTED EXCEPT WITH 01.)

- | | |
|----|---|
| 02 | With your significant other, |
| 03 | With an infant, |
| 04 | With your children, |
| 05 | With a pet, |
| 95 | With someone or something else, or (SPECIFY:) _____ |
| 01 | Alone? |
| 98 | DO NOT READ: Refused |
| 99 | DO NOT READ: Don't know |

Q12A. OMITTED

COPING

Q13. OMITTED

DAYTIME EFFECTS

Q14. Does your current work schedule or typical weekday routine, including your duties at home, allow you to get enough sleep?

- | | |
|----|------------|
| 01 | Yes |
| 02 | No |
| 98 | Refused |
| 99 | Don't know |

Q15. Please tell me if you completely agree, mostly agree, mostly disagree or completely disagree with each statement. Not getting enough sleep impacts or affects my [INSERT]. (RANDOMIZE.)

	Completely Agree	Mostly Agree	Mostly Disagree	Completely Disagree	Not applicable	Refused	Don't know
a. IF S2(01-03): job performance	04	03	02	01		98	99
b. ability to carry out household duties	04	03	02	01	96	98	99
c. relationship with family or friends	04	03	02	01	96	98	99
d. ability to care for my family	04	03	02	01	96	98	99
e. ability to do everyday activities	04	03	02	01		98	99

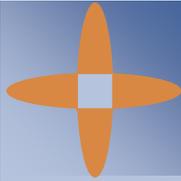
ASK Q16 IF EMPLOYED [S2(01-03)]. OTHERWISE SKIP TO Q17.

Q16. OMITTED

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Survey Instrument (continued)

GENERAL HEALTH

ASK EVERYONE.

Q17. In general, how would you rate your current overall health? Would you say...? (READ LIST.)

- 05 Excellent,
- 04 Very good,
- 03 Good,
- 02 Fair, or
- 01 Poor?
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know

Q18. OMITTED

Q19. What is your height without shoes? (RECORD HEIGHT IN FEET AND INCHES.)

(RECORD HEIGHT)

Q20. What is your weight without shoes? (RECORD WEIGHT IN POUNDS AS A THREE DIGIT NUMBER BELOW. DO NOT ACCEPT RANGES.)

(RECORD WEIGHT)

COMPUTER WILL CALCULATE BMI (BODY MASS INDEX)

ACCESS TO HEALTHCARE

Q21. Have you ever discussed sleep issues with a healthcare professional?

- 01 Yes
- 02 No
- 98 Refused
- 99 Don't know

Q22. Has a doctor ever asked you about your sleep?

- 01 Yes
- 02 No
- 98 Refused
- 99 Don't know

Q23. Have you ever been told by a doctor that you have any of the following sleep problems? (READ LIST. RANDOMIZE. MULTIPLE RESPONSES ACCEPTED.)

- 01 Sleep apnea,
- 02 Restless legs syndrome,
- 03 Insomnia,
- 04 Narcolepsy,
- 05 Circadian [SIR-CADE-EE-AN] Rhythm Disorder,
- 95 Or something else? (SPECIFY:)
- 96 DO NOT READ: None
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know

ATTITUDES TOWARD SLEEP

Q24. OMITTED

Q25. OMITTED

SLEEP KNOWLEDGE

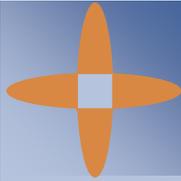
Q26. Now I am going to read you a few statements. Please tell me if you completely agree, mostly agree, mostly disagree or completely disagree with each statement. (READ STATEMENT. RANDOMIZE.)

	Completely Agree	Mostly Agree	Mostly Disagree	Completely Disagree	Refused	Don't know
a. If you do not get enough sleep, it can affect your performance at work or your duties at home.	04	03	02	01	98	99
b. Insufficient or poor sleep is associated with health problems.	04	03	02	01	98	99

Q27. OMITTED

Q28. When you have sleep problems, what do you typically do? Do you...? (READ LIST. MULTIPLE RESPONSES ACCEPTED.)

- 01 Assume it will go away in time,
- 02 Use an over-the-counter sleep aid,
- 03 Use a prescription sleep aid,
- 04 Talk to your doctor,
- 05 Look for sleep information on the Internet or another source,
- 06 Get recommendations from family or friends, or
- 95 Something else? (SPECIFY:)
- 96 DO NOT READ: Nothing
- 97 DO NOT READ: Never have sleep problems
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know



Survey Instrument (continued)

Q29. How frequently do you use the following specifically to help you sleep? Would you say you use [INSERT] every night or almost every night, a few nights a week, a few nights a month, rarely or never? (RANDOMIZE.)

	Every night or almost every night	A few nights a week	A few nights a month	Rarely	Never	Refused	Don't know
a. Over-the-counter or store-bought sleep aids	05	04	03	02	01	98	99
b. Sleep medication prescribed by a doctor	05	04	03	02	01	98	99
c. Relaxation techniques	05	04	03	02	01	98	99
d. Alternative therapy, such as acupuncture or herbal supplements such as Melatonin or Valerian	05	04	03	02	01	98	99
e. Alcohol, beer or wine	05	04	03	02	01	98	99
f. Behavioral methods such as getting out of bed if you can't fall asleep or trying not to worry about your sleep	05	04	03	02	01	98	99

PSYCHOGRAPHICS/IMPACT OF CURRENT EVENTS

Q30. I'm going to read you a list of topics or events. Using the same scale as the last question, please tell me how often each topic or event has disturbed your sleep or kept you up at night in the past month.

The first/next one is [INSERT]. (RANDOMIZE.)

IF NEEDED, READ: Would you say this topic or event has disturbed your sleep or kept you up at night every night or almost every night, a few nights a week, a few nights a month, rarely or never in the past month?

	Every night or almost every night	A few nights a week	A few nights a month	Rarely	Never	Refused	Don't know
a. Employment concerns	05	04	03	02	01	98	99
b. Concerns about personal relationships	05	04	03	02	01	98	99
c. Personal financial concerns, such as mortgage or rent, food or gas	05	04	03	02	01	98	99
d. Health-related concerns	05	04	03	02	01	98	99
e. OMITTED	05	04	03	02	01	98	99
f. OMITTED	05	04	03	02	01	98	99
g. OMITTED	05	04	03	02	01	98	99

QUALITY OF LIFE

Q31. OMITTED

Q32. How many days within the past month have you missed family events, leisure activities, work functions or other activities because you were too sleepy or you had a sleep problem? Would you say...? (READ LIST.)

- 01 None,
- 02 1 to 2 days,
- 03 3 to 5 days,
- 04 6 to 10 days, or
- 05 More than 10 days?
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know

Q33. Has your intimate or sexual relationship been affected because you were too sleepy? That is, did you have sex less often or lose interest in having sex because you were too sleepy? (DO NOT READ LIST. CLARIFY "NO" RESPONSE.)

- 01 Yes
- 02 No
- 96 No intimate or sexual relationship
- 98 Refused
- 99 Don't know

DEMOGRAPHICS

READ TO EVERYONE: These last few questions are for classification purposes only and will be kept strictly confidential.

D1. What is your age? _____ ENTER AGE AS 3 DIGITS (EX: AGE = 32, ENTER AS 032. RECORD 998 FOR REFUSED.)

D2. What is the highest level of school or education that you have completed? (DO NOT READ LIST.)

- 01 8th grade or less
- 02 Some high school
- 03 Graduated high school
- 04 Vocational/Tech school
- 05 Some college
- 06 Graduated college
- 07 Advanced degree
- 98 Refused



Survey Instrument (continued)

IF EMPLOYED [S2(01-03)], ASK D3. OTHERWISE, SKIP TO D4.

D3. Thinking about the past month, which of the following best describes your work schedule for your main job? Would you say that you worked...? (READ LIST. INTERVIEWER NOTE: IF MENTION FLEX HOURS, ASK IF TYPICALLY WORK A REGULAR SCHEDULE OR ANOTHER SHIFT.)

- 01 A regular schedule. (IF NEEDED, READ: Anytime between 9 AM and 5 PM)
- 02 An evening shift. (IF NEEDED, READ: Anytime between 2 PM and midnight)
- 03 A night shift. (IF NEEDED, READ: Anytime between 9 PM to 3 AM)
- 04 A rotating shift. (IF NEEDED, READ: One that changes periodically from days to evenings)
- 05 A split shift. (IF NEEDED, READ: One consisting of two distinct periods each day)
- 06 An irregular schedule, or
- 07 Some other shift?
- 98 DO NOT READ: Refused
- 99 DO NOT READ: Don't know

ASK EVERYONE:

D4. Including yourself, how many people currently live in your household? (RECORD NUMBER OF PEOPLE AS A TWO DIGIT NUMBER BELOW. RECORD 98 FOR REFUSED, 99 FOR DON'T KNOW.)

_____ people

IF SINGLE PERSON HOUSEHOLD [D4(01)], SKIP TO D7. OTHERWISE, ASK D5-D6.

D5. How many children under the age of 18 live in your household? (RECORD NUMBER OF CHILDREN AS A TWO DIGIT NUMBER BELOW. RECORD 98 FOR REFUSED, 99 FOR DON'T KNOW.)

_____ children

D6. Not including yourself, how many people age 18 or older live in your household? (RECORD NUMBER OF ADULTS AS A TWO DIGIT NUMBER BELOW. RECORD 98 FOR REFUSED, 99 FOR DON'T KNOW.)

_____ adults

PROGRAMMING NOTE: UNLESS 98 OR 99 IS USED, D5+D6 SHOULD EQUAL D4-1. IF NOT, RETURN TO D5.

ASK EVERYONE:

D7. Please stop me when I read the category that includes your total annual household income. (READ LIST.)

- 01 Under \$15,000
- 02 \$15,000 - \$25,000
- 03 \$25,001 - \$35,000
- 04 \$35,001 - \$50,000
- 05 \$50,001 - \$75,000
- 06 \$75,001 - \$100,000
- 07 More than \$100,000
- 98 DO NOT READ: Don't know/Refused

D8. OMITTED

D9. OMITTED

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CLOSE

Those are all the questions I have. On behalf of the National Sleep Foundation, we would like to thank you very much for your time and opinions. For quality control purposes, you may receive a follow-up phone call from my supervisor to verify that I have completed this interview. Can I please have your name or initials so they know who to ask for if they call back?

IF RESPONDENT ASKS FOR MORE INFORMATION ON THE NATIONAL SLEEP FOUNDATION, SAY:

For more information on the National Sleep Foundation, you can visit their Web site at www.sleepfoundation.org.

RECORD NAME AND CONFIRM PHONE NUMBER FOR SUPERVISOR VERIFICATION.

Thank you, and have a good day.

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