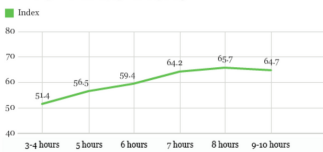


SLEEP STATS

ARE AMERICANS GETTING ENOUGH SLEEP?

Well-Being Index Scores, by Hours of Sleep



Sept. 5-19, 2014
Gallup-Healthways Well-Being Index

AVERAGE HOURS OF SLEEP

Approximately 2/3 of American Adults between the ages of 18-29 sleep for less than 8 hours per night on average (1).

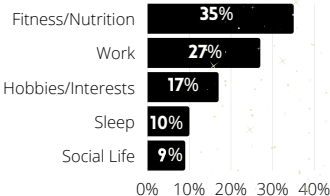
WELL-BEING

A higher well-being score is reported by Americans who sleep more on average each night (1).

Americans' Usual Hours of Sleep, by Age
How many hours sleep do you get at night?

	U.S. adults	18 to 29	30 to 44	45 to 64	65+
	%	%	%	%	%
Less than three hours	1	1	1	1	0
Three to four hours	7	6	8	8	6
Five hours	9	10	9	10	7
Six hours	25	24	27	26	21
Seven hours	27	26	29	27	26
Eight hours	26	26	22	25	30
Nine to 10 hours	6	7	4	4	9
More than 10 hours	0	0	0	1	1

Gallup-Healthways Well-Being Index
Sept. 5-19, 2014

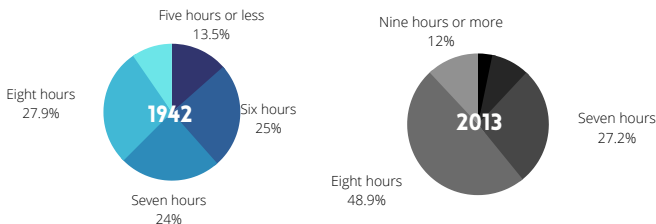


SLEEP - A PRIORITY?

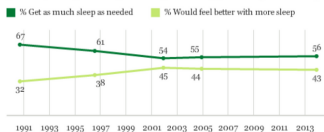
According to a Sleep in America Poll, conducted by the National Sleep Foundation, Americans do not prioritize sleep (2).

AMERICANS ARE SLEEPING LESS

According to Gallup Polls, Americans averaged 7.9 hours of sleep per night in 1942, compared to an average of 6.8 hours per night in 2013 (3). This is a decrease in about 1 hour per night, or 13% less sleep.



Do you think the number of hours sleep you get at night is as much sleep as you need, or do you think you would feel better if you could get more sleep?



GALLUP

AS MUCH SLEEP AS NEEDED?

Over half of Americans believe they receive as much sleep as they need (1)

REFERENCES

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- [2. https://www.sleepfoundation.org/wp-content/uploads/2018/10/Sleep-in-America-2018-prioritizing-sleep.pdf](https://www.sleepfoundation.org/wp-content/uploads/2018/10/Sleep-in-America-2018-prioritizing-sleep.pdf)
- [3. https://news.gallup.com/poll/166553/less-recommended-amount-sleep.aspx](https://news.gallup.com/poll/166553/less-recommended-amount-sleep.aspx)