

## **NATIONAL SLEEP FOUNDATION** **2001 SLEEP IN AMERICA POLL HIGHLIGHTS**

- ♦ **Americans are sleep deprived.** A majority of Americans (63%) does not get the recommended eight hours of sleep needed for good health safety, and optimum performance. On average, adults sleep seven hours on weeknights however, nearly one-third of those polled (31%) reported sleeping less than seven hours on weeknights.
- ♦ **Daytime sleepiness is widespread.** One in five adults (22%) reported being so sleepy during the day it interfered with daily activities a few days a week or more. Daytime sleepiness is significantly more prevalent among women than men (25% vs. 18%).

About one-half of the adults surveyed (51%) reported having experienced one or more symptoms of insomnia at least a few nights a week in the past year. Almost three in ten (29%) said they experienced insomnia every night or almost every night. The most frequent symptoms of insomnia included waking up feeling un-refreshed (34%) and being awake a lot during the night (32%) (The other two symptoms of insomnia are waking too early and can't get back to sleep and difficulty falling asleep).

- ♦ **Children in the home can have a negative impact on adults' sleep.** Adults with children under the age of 18 reported sleeping less weeknights than those without children (6.8 hrs/night vs. 7.1 hrs/night). Adults with children were more likely to report symptoms of insomnia (58% vs. 46%) and significantly more daytime sleepiness that interfered with daily activities a few days a month or more (50% vs. 32%).
- ♦ **Sleepy Americans are creating a major public health problem – Drowsy driving.** More than one-half of adults reported that they have driven while drowsy in the past year. Nearly one out of five (19%) said they have actually fell asleep behind the wheel. Drowsy driving was most prevalent among male respondents, young adults between the ages of 18 and 29, and adults with children.

WB&A Market Research conducted the 2001 *Sleep in America* poll by telephone for the National Sleep Foundation with a random sample of 1004 adults at least 18 years of age. The margin of error is plus or minus 3.1 percent. The poll results were released last March.

*The National Sleep Foundation is a nonprofit organization dedicated to improving public health and safety by achieving greater understanding of sleep and sleep disorders, and by supporting education, sleep-related research, and advocacy. For additional poll results and information about sleep-related issues, visit the NSF Web site, [www.sleepfoundation.org](http://www.sleepfoundation.org).*