

Percentage* of Currently Employed Adults Aged ≥ 18 Years Who Slept Less Than 7 Hours per 24-hour Period[‡], by Sex and Number of Working Hours per Week[§] — United States, 2022

Supplemental data table

Number of hours worked per week	Total <i>Pearson correlation</i> p < 0.0001			Men <i>Pearson correlation</i> p < 0.0001			Women <i>Pearson correlation</i> p < 0.0001		
	%	95% CI		%	95% CI		%	95% CI	
≤ 40 work hours	29.21	28.20	30.25	29.19	27.66	30.76	29.25	27.90	30.64
41 - 60 work hours	34.83	33.25	36.43	34.11	31.99	36.31	36.15	33.48	38.91
> 60 work hours	47.91	43.30	52.55	48.42	42.84	54.04	46.64	38.92	54.53

* Estimates were based on household interviews of a sample of the civilian, noninstitutionalized U.S. population.

[‡] Based on a response to the question: "On average, how many hours of sleep do you get in a 24-hour period?"

[§] Based on a response to the question: "How many hours did you work last week at all jobs or businesses?"

Source: National Center for Health Statistics, National Health Interview Survey, 2022.

<https://www.cdc.gov/nchs/nhis/index.htm>