

# Inadequate Sleep Among Mississippi Adults in 2020

The Mississippi Behavioral Risk Factor Surveillance System (BRFSS) is conducted annually to monitor the prevalence of behaviors that contribute to the leading causes of morbidity and mortality among adults in our state. The 2020 Mississippi BRFSS was completed by 6,479 Mississippians aged 18 years or older.

## About Sleep

- The American Academy of Sleep Medicine and Sleep Research Society recommend that adults should get at least 7 hours of sleep each day.<sup>1</sup>
- Not getting enough sleep can have short- and long-term health consequences. In the short-term, inadequate sleep can cause drowsiness, irritability, inattentiveness, reduced alertness, and poor motor skills. In the long-term, inadequate sleep can disrupt how the body functions.<sup>2</sup>
- Inadequate sleep has been linked to obesity, type 2 diabetes, cardiovascular problems, and mood disorders.<sup>2</sup>

## Self-Reported Inadequate Sleep in Mississippi in 2020

- Approximately **1 in 3 adults (35.0%)** reported not getting adequate sleep.<sup>3</sup>
- The percentage of not getting adequate sleep was **similar between female respondents (35.3%) and male respondents (34.7%).**<sup>3</sup> (Figure 1)
- The percentage of not getting adequate sleep was **significantly higher among Black respondents (38.1%)** compared to White respondents (32.7%).<sup>3</sup>(Figure 2)
- The percentage of not getting adequate sleep was **highest among Other race males (41.2%\*)** compared to other race/gender groups; however, the difference was not statistically significant.<sup>3</sup> (Figure 3)
- The percentage of not getting adequate sleep was **higher among Hispanic respondents (38.1%\*)** compared to non-Hispanic respondents (34.9%); however, the difference was not statistically significant.<sup>3</sup> (Figure 4)

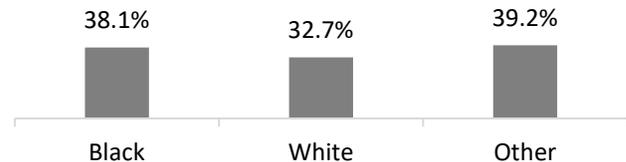
## Definitions

- In this report, **“inadequate sleep”** is defined as getting fewer than 7 hours of sleep in a given 24-hour period.<sup>1</sup>
- In this report, **“Other Race”** refers to adults who reported their race/ethnicity as anything other than White or Black Non-Hispanic or any race and Hispanic.
- The difference between two estimates is considered **statistically significant** (also stated as “significantly higher/lower” or “significant” in this fact sheet) if the 95% confidence intervals do not overlap.

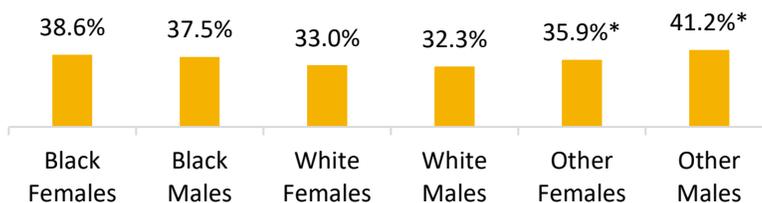
**Figure 1. Percent of Respondents Who Do Not Get Adequate Sleep by Gender, MS, 2020**



**Figure 2. Percent of Respondents Who Do Not Get Adequate Sleep by Race, MS, 2020**



**Figure 3. Percent of Respondents Who Do Not Get Adequate Sleep by Race & Gender, 2020**



**Figure 4. Percent of Respondents Who Do Not Get Adequate Sleep by Ethnicity, MS, 2020**



**Note:** In the 2020 MS BRFSS, the numbers of responses for individual races and ethnicities contained in the “Other Races” demographic group were too low to allow for meaningful estimates. To request additional race/ethnicity data, please [submit a data request using MSDH's online form](#).

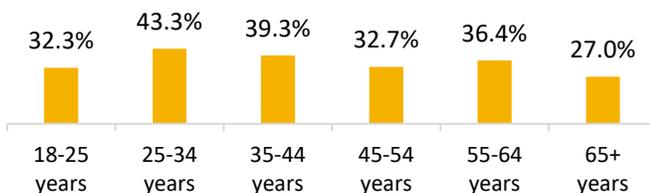
\*This estimate is based on a cell size of less than 50. Use caution when interpreting and comparing this estimate.

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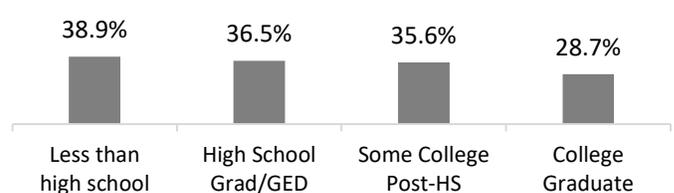
## Self-Reported Inadequate Sleep in Mississippi in 2020 (continued)

- The percentage of not getting adequate sleep was **significantly higher** among respondents **aged 25 to 34 years** (43.3%) compared to respondents aged 18 to 24 years (32.3%), 45 to 54 years (32.7%), and 65 years or older (27.0%).<sup>3</sup> (Figure 5)
- The percentage of not getting adequate sleep increased as education level decreased. It was **significantly higher** among adults who have **not completed a high school education** (38.9%) compared to respondents who have graduated college (28.7%).<sup>3</sup> (Figure 6)
- The percentage of not getting adequate sleep increased as annual household income decreased. Inadequate sleep was **significantly higher** among adults with an annual household **income of less than \$15,000** (44.1%) and **\$15,000 to \$24,999** (41.1%) compared to respondents with an income of \$35,000 to \$49,999 (32.0%) or \$50,000 or more (30.8%).<sup>3</sup> (Figure 7)

**Figure 5. Percent of Respondents Who Do Not Get Adequate Sleep by Age, MS, 2020**



**Figure 6. Percent of Respondents Who Do Not Get Adequate Sleep by Education, MS, 2020**



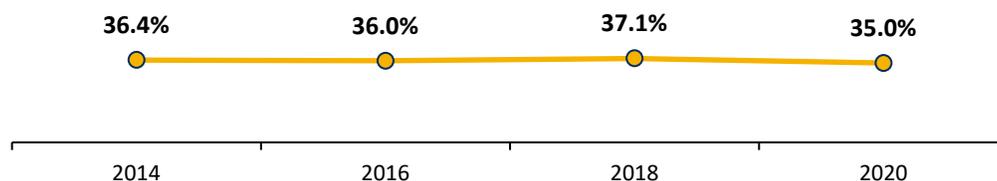
**Figure 7. Percent of Respondents Who Did Not Get Adequate Sleep by Annual Household Income, MS, 2020**



## Inadequate Sleep Trends in Mississippi

- There was **no significant change** in the percentage of adults who did not get adequate sleep in 2014 (36.4%) compared to 2020 (35.0%).<sup>3</sup> (Figure 8)

**Figure 8. 2014-2020 Trend of Inadequate Sleep Among Adults in Mississippi**



### References

- 1) American Academy of Sleep Medicine (AASM). (2015, June 1). *Seven or more hours of sleep per night: A health necessity for adults*. Retrieved 7-20-2022, from <https://aasm.org/seven-or-more-hours-of-sleep-per-night-a-health-necessity-for-adults/>
- 2) National Institutes of Health (NIH). *How does inadequate sleep affect health?* Retrieved 8-16-2022, from <https://www.nichd.nih.gov/health/topics/sleep/conditioninfo/inadequate-sleep>
- 3) Centers for Disease Control and Prevention (CDC). (2022, May 4). *Behavioral Risk Factor Surveillance System*. Retrieved 5-12-2022, from <https://www.cdc.gov/brfss/index.html>

**For More Information, Contact:**

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