

Table 5.5: Sleep Patterns (Percent)^{1,2,3}

Hours of Sleep ⁴	Total (N=903)	Age Group			Disability Level		
		65-74 (N=347)	75-84 (N=269)	85+ (N=287)	Moderate ⁵ (N=311)	ADL Difficulty	
						Receives No Help (N=438)	Receives Help (N=154)
How many hours do you usually sleep at night?							
3 or less	2.7	2.4	2.7	3.4	1.4	3.5	2.9
4 to 6	44.0	43.0	47.5	38.0	43.5	44.9	42.5
7 to 9	47.7	48.3	45.7	50.9	48.9	47.0	47.0
10 or more	5.7	6.3	4.2	7.6	6.3	4.6	7.6
How many hours do you usually sleep during the day?							
None	57.7	61.1	55.4	53.8	57.3	58.7	55.4
1	24.4	24.9	23.5	25.1	25.0	24.6	22.4
2	12.8	9.9	16.0	13.0	12.2	11.9	16.8
3 or more	5.2	4.2	5.1	8.1	5.5	4.9	5.4
Total hours of sleep per day ⁶							
3 or less	0.8	1.3	0.0	1.7	0.1	1.3	0.9
4 to 6	33.6	32.2	37.3	28.1	32.9	33.9	34.2
7 to 9	52.5	55.6	50.3	49.5	53.3	54.3	45.7
10 to 12	11.4	9.6	10.9	17.9	11.6	9.2	17.7
13 or more	1.6	1.3	1.5	2.9	2.0	1.3	1.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

¹ All variables have less than 2% missing data. Results are based on non-missing data.

² Descriptive statistics are based on weighted data.

³ Due to an error in the administration of the questionnaire the questions were not asked of all eligible participants.

⁴ Categories for each item may not add up to 100% due to rounding.

⁵ No ADL difficulty; disabled in two more domains (see Chapter 1).

⁶ (n+d), where n=hours of sleep at night and d=hours of sleep during the day.