

Prevalence of Short Sleep Among US Adults by Race and Ethnicity Image Description

A bar chart represents percentages (crude prevalence):

- Hispanic or Latino: 32.3%
- Non-Hispanic White: 30.7%
- Non-Hispanic Black or African American: 43.5%
- Non-Hispanic American Indian or Alaska Native: 38.2%
- Non-Hispanic Asian: 30.5%
- Non-Hispanic Native Hawaiian and Other Pacific Islander: 47.0%
- Non-Hispanic Multiracial: 39.5%
- Non-Hispanic Other: 38.0%

Note: Short sleep is defined as less than 7 hours for adults. [Data source](#): CDC Behavioral Risk Factor Surveillance System (BRFSS), 2020.

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