

DESCRIPTION

Sleep needs vary across ages and are especially impacted by lifestyle and health. Older adults who have poor nighttime sleep are more likely to have depressed mood, attention and memory problems, excessive daytime sleepiness, more nighttime falls, and use more over-the-counter or prescription sleep aids. Poor sleep is also associated with a poorer quality of life.¹ Sleep data to help judge the overall health of a region, and to identify existing risk factors and disparities.

HOW ARE WE DOING

Minnesota is ranked third in the country for adults who report getting seven or more hours of sleep per night on average.² In 2014, 28.9 percent of Minnesota adults reported usually sleeping less than seven hours in a 24-hour period. The average bedtime for Ramsey County residents in 2014 was 11:23 p.m.; the latest time among all seven-county metro area residents. Ramsey County adults reported an average of seven hours of sleep per night. This was the second lowest in the metro area; behind Hennepin County adults who reported an average of 6.94 hours.³

BENCHMARK INDICATOR

Healthy People 2020: Increase the proportion of adults who get sufficient sleep.
U.S. Target: 70.8 percent of adults age 22 and older get seven or more hours of sleep a night on average.

DISPARITIES

Poor sleep quality is strongly associated with poverty and race.⁴ In Minnesota, about half (46.7 percent) of African-Americans report getting insufficient sleep. A recent study found that more than one in four middle-aged women reported experiencing difficulty falling and staying asleep four or more times each week.⁵ More than one in three women reported getting fewer than seven hours of sleep per night, on average. Of those, perimenopausal women - women who were no longer menstruating and on the verge of menopause -- were the least likely to sleep seven or more hours a night. This was followed closely by postmenopausal women. Sleep duration changes with age; both sleep duration and quality are impacted by shifts in reproductive hormone levels.⁵

RISK FACTORS

Causes of insufficient sleep include lifestyle and occupational factors. In addition, some medical conditions, medications, hormone changes and sleep disorders like sleep apnea affect how long and how well a person sleeps. Blue light (light from technology) use near bedtime can affect levels of the sleep-inducing hormone melatonin. Changes in sleep patterns can in turn shift the body's natural clock, known as its circadian rhythm. Recent studies have shown that shifts in this clock can have devastating health effects because it controls not only our wakefulness but body organ functions. In other words, stressors that affect our circadian clocks, such as blue-light exposure, can have much more serious consequences than originally thought.⁶

Information to note

- The average bedtime for county residents in 2014 was 11:23 p.m.
- Ramsey County currently meets the Healthy People 2020 goal for sufficient sleep among adults.
- In Minnesota, about half (46.7%) of African-Americans report getting insufficient sleep, compared to 29.8% for the entire state.



Community voice

"Stress, lack of sleep."
- White Female, age 75-84

523 responses mentioned the impact adequate sleep has on overall health.

40% of those mentioning sleep stated they are not getting enough sleep due to stress and expressed the negative implications.

¹ Sleep and Aging. NIH Senior Health. <https://nihseniorhealth.gov/sleepandaging/aboutsleep/01.html>. Accessed July 22, 2017.

² Short Sleep Duration among U.S. Adults. Centers for Disease Control and Prevention. https://www.cdc.gov/sleep/data_statistics.html. Accessed July 22, 2017.

³ Gregoire, C., What Time Does America Go To Bed? Huffington Post. 2015. http://www.huffingtonpost.com/2014/10/08/sleep-times-america-counties_n_5942296.html. Accessed July 22, 2017

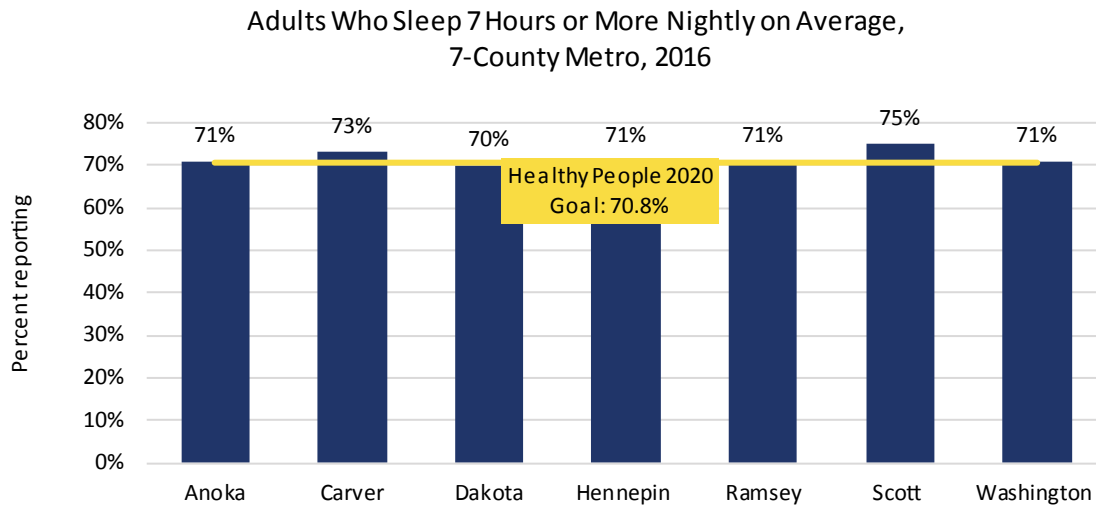
⁴ Patel, N., et. al., "Sleep disparity" in the population: poor sleep quality is strongly associated with poverty and ethnicity. BMC Public Health. 2010. <https://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-10-475>. Accessed July 26, 2017.

⁵ Strickland, A. Women in midlife aren't sleeping enough, study says. CNN Web site. <http://www.cnn.com/2017/09/07/health/women-sleep-menopause/index.html>. Accessed September 14, 2017.

⁶ Shmerler, J. Q&A: Why Is Blue Light before Bedtime Bad for Sleep? Scientific American. 2015. <https://www.scientificamerican.com/article/q-a-why-is-blue-light-before-bedtime-bad-for-sleep/>. Accessed August 25, 2017

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

Saint Paul - Ramsey County Public Health provides data monitoring and reporting for this topic in order to better understand the overall health and current conditions in the community. The information may help inform community partners, policy makers or county program leadership.



Source: County Health Rankings and Roadmaps. County Health Rankings 2017.⁷

⁷County Health Rankings and Roadmaps. County Health Rankings 2017. Web site. <http://www.countyhealthrankings.org/app/minnesota/2017/rankings/ramsey/county/outcomes/overall/snapshot>. Accessed July 22, 2017.