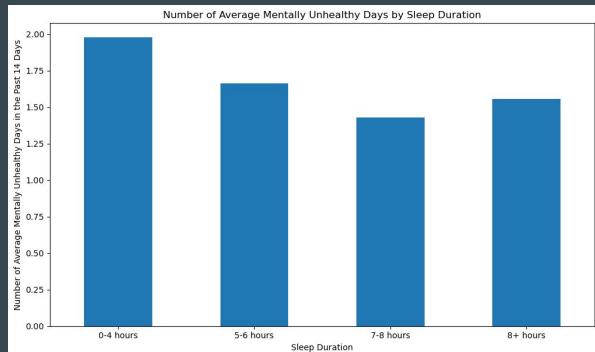


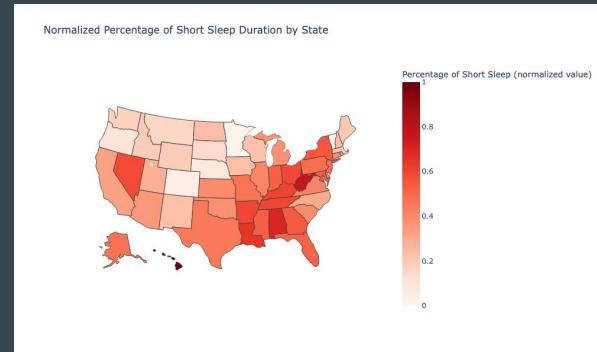
The Relationship Between Sleep and Select Demographic Factors in the United States

Objectives:

- Explore the relationship between nightly sleep duration, mental health status, income level, education level and body mass index (BMI)
- Compare sleep duration at both state and individual levels
- Identify specific regions or populations for targeted public policy health interventions



Bar plot showing the number of reported average mentally unhealthy days by sleep duration. There appears to be a negative correlation with sleep and mental health up to 7-8 hours, after which there is a slight increase, suggesting that additional factors could be at play



Choropleth map showing normalized percentage of short sleep across the U.S.. Higher rates are observed in the Southeast and Ohio River Valley. Interestingly, Hawaii has the highest rates, likely needing confirmation from additional research.

Key Insights:

- Individuals with lower income levels tend to average slightly less sleep, though variations are small.
- Short sleep duration is greatest among adults with some high school education, showing a U-shaped relationship between education level and sleep health.
- Higher BMI is correlated with a slight decrease in sleep duration.
- These patterns highlight specific areas and populations for targeted sleep health interventions.