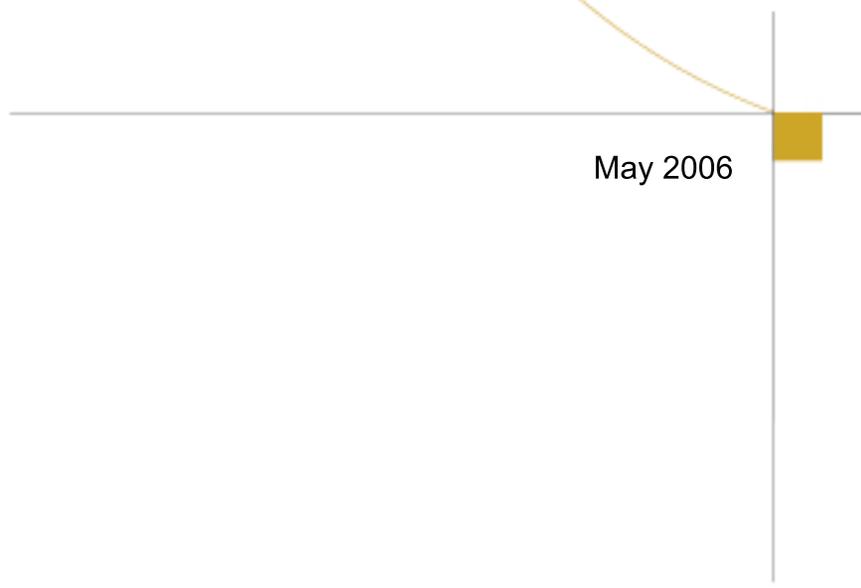


# Hispanic Sleep Study



May 2006



## Hispanic Sleep Study

Omni Survey fieldwork done by ICR.

This summary was prepared by Tracy Needham, National Member Research. For more information or to request additional copies of this summary, please contact Tracy Needham at 202 434-6322.

Xenia Montenegro provided management review.

## Methodology

The study was conducted for AARP via telephone by ICR, an independent research company. Interviews were conducted from May 11-23, 2006 among a nationally representative sample of 487 Hispanic respondents ages 40 and older. The annotated questionnaire is located at the end of this summary.

## Executive Summary

Sleeping accounts for one-third of our lifetime. Recent studies suggest that the quality of sleep is more important than the quantity. In many ways adequate sleep is as important to good health as diet and exercise. Today, Americans' lives are busier than ever and their sleep lives are suffering.<sup>1</sup>

As we age, physical changes affect our sleep patterns. Older adults tend to have more sleep problems such as trouble falling asleep or staying asleep, medical conditions, and lifestyle issues. Many believe that sleep needs decline with age, however several research studies have found that the amount of sleep we need remains constant throughout our lives. Yet many older adults report being less satisfied with the amount and quality of sleep.<sup>2</sup>

The 2006 AARP Hispanic Sleep Study found that the majority of Hispanics ages 40 and older believe they are getting enough sleep each night with 67 percent saying they get enough sleep. The majority of respondents are getting six hours or more sleep each weeknight. These Hispanics average 6.6 hours of sleep each weeknight.

However, Hispanics ages 50+ are less likely to feel they are getting enough sleep with 57 percent saying they get an adequate amount of sleep each night. Similarly, a Gallup Poll for the International Longevity Center-USA found that 54 percent of the 50+ general population is getting enough sleep each night.

In AARP's survey, the most frequently cited reason for not getting enough sleep among those who feel they are lacking adequate sleep is excessive stress, worry, or depression reported by 23 percent. Similarly, stress is the main cause of inadequate sleep in the general 50+ population. Working or doing other activities keeps 19 percent of respondents 40+ from getting enough sleep each night followed by health problems keeping 16 percent awake.

Having more energy is the main change respondents envision if they were getting the amount of sleep they need each night cited by one-quarter (24%). Better or improved health and less stress closely follow garnering 22 percent each.

---

<sup>1</sup> Gallup Organization Poll for the International Longevity Center-USA, 2005.

<sup>2</sup> National Sleep Foundation, 2005 Sleep in America Poll.

**Hispanic Sleep Study  
Omnibus Survey  
Final Topline Results**

*The study was conducted for AARP via telephone by ICR, an independent research company. Interviews were conducted from May 11-23, 2006 among a nationally representative sample of 487 respondents ages 40 and older. The margin of error is +/- 4.44% at the 95% confidence level.*

SD-1 In general, do you believe you are getting enough sleep each night?

	<b>Yes</b>	<b>No</b>	<b>Don't know</b>	<b>Refused</b>
5/23/06	67%	32%	1%	*%

**(Asked of Total Respondents ages 40+ who do not get enough sleep at night:  
n=139)**

SD-2 Which of the following is the main reason that you are not getting the amount of sleep you need?

Excessive stress, worry or depression	23%
Work or doing other activities	19
Health problems	16
Difficulty falling asleep	9
Do not have enough time for sleep	8
Medication that may interfere with sleep	4
Difficulty staying asleep	4
Insomnia or another sleep disorder	4
Partner does not sleep well	2
Other	8
None of these	1
Don't know	3
Refused	*

### SD-1/SD-2 Combination Table

Not enough sleep at night (Net)	32%
Excessive stress, worry or depression	7
Work or doing other activities	6
Health problems	5
Difficulty falling asleep	3
Do not have enough time for sleep	2
Medication that may interfere with sleep	1
Difficulty staying asleep	1
Insomnia or another sleep disorder	1
Partner does not sleep well	1
Other	3
None of these	*
Enough sleep	67
Don't know	1
Refused	*

**(Asked of Total Respondents ages 40+ who do not get enough sleep at night:  
n=139)**

SD-3 Which of the following do you believe would be the main change in your life if you were getting the amount of sleep you need?

More energy	24%
Better or improved health	22
Less stress	22
Better relations with family	10
More alert	8
More time for leisure activities	5
More productive	1
Other	2
None of these	1
Don't know	3
Refused	2

### SD-1/SD-3 Combination Table

Not enough sleep at night (Net)	32%
More energy	8
Better or improved health	7
Less stress	7
Better relations with family	3
More alert	2
More time for leisure activities	2
More productive	*
Other	1
None of these	*
Enough sleep	67
Don't know	1
Refused	*

SD-4 On average, how many hours of sleep do you get per week night?

	1-5 Hours	6 Hours	7 Hours	8-14 Hours	Don't know/No Answer	Refused
5/23/06	21	19	23	31	5	1

Mean: 6.60 hours per night  
 Median: 7.00 hours per night