Data Brief 462. Sleep Medication Use in Adults Aged 18 and Over: United States, 2020

Data table for Figure 1. Percent distribution of how often adults aged 18 and over used medication in the past 30 days to help them fall or stay asleep: United States, 2020

Response	Percent (95% confidence interval)	Standard error
Never.	81.6 (81.0–82.2)	0.3
Some days.	10.0 (9.5–10.5)	0.2
Most days	2.1 (1.9–2.3)	0.1
Every day.	6.3 (6.0–6.7)	0.2

NOTES: Use of medication for sleep frequency is based on a response to the question, "During the past 30 days, how often did you take any medication to help you fall asleep or stay asleep? Would you say never, some days, most days, or every day?" Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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Data table for Figure 2. Percentage of adults aged 18 and over who took sleep medication every day or most days in the past 30 days to help them fall or stay asleep, by sex and age group: United States, 2020

Sex and age group (years)	Percent (95% confidence interval)	Standard error
Total		
Total	8.4 (8.1–8.8)	0.2
18–44	5.6 (5.1–6.1)	0.3
45–64	10.1 (9.4–10.8)	0.4
65 and over	11.9 (11.1–12.9)	0.4
Men		
Total	6.6 (6.0–7.1)	0.3
18–44	4.7 (4.0–5.4)	0.4
45–64	7.1 (6.3–8.0)	0.4
65 and over	10.1 (8.9–11.4)	0.6
Women		
Total	10.2 (9.7–10.8)	0.3
18–44	6.5 (5.8–7.3)	0.4
45–64	13.0 (11.9–14.1)	0.5
65 and over	13.5 (12.3–14.7)	0.6

NOTES: Use of medication for sleep frequency is based on a response to the question, "During the past 30 days, how often did you take any medication to help you fall asleep or stay asleep? Would you say never, some days, most days, or every day?" Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

Data table for Figure 3. Percentage of adults aged 18 and over who took sleep medication every day or most days in the past 30 days to help them fall or stay asleep, by sex and race and Hispanic origin: United States, 2020

Sex and race and Hispanic origin	Percent (95% confidence interval)	Standard error
Total		
Non-Hispanic White.	10.4 (9.9–10.9)	0.3
Non-Hispanic Black	6.1 (5.1–7.3)	0.6
Hispanic.	4.6 (3.9–5.3)	0.4
Non-Hispanic Asian	2.8 (1.8–4.2)	0.6
Men		
Non-Hispanic White.	8.0 (7.4–8.7)	0.3
Non-Hispanic Black	4.8 (3.2–6.7)	0.9
Hispanic.	3.7 (2.9–4.8)	0.5
Non-Hispanic Asian	1.7 (0.9–2.8)	0.4
Women		
Non-Hispanic White.	12.6 (11.9–13.3)	0.4
Non-Hispanic Black	7.2 (5.8–8.8)	0.7
Hispanic.	5.4 (4.4–6.6)	0.5
Non-Hispanic Asian	3.9 (2.2–6.2)	1.0

NOTES: Use of medication for sleep frequency is based on a response to the question, "During the past 30 days, how often did you take any medication to help you fall asleep or stay asleep? Would you say never, some days, most days, or every day?" Adults categorized as Hispanic may be of any race or combination of races. Adults categorized as non-Hispanic White, non-Hispanic Black, or non-Hispanic Asian indicated one race only. Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

Data table for Figure 4. Percentage of adults aged 18 and over who took sleep medication every day or most days in the past 30 days to help them fall or stay asleep, by sex and family income: United States, 2020

Sex and income	Percent (95% confidence interval)	Standard error
Total		
Less than 100% FPL	10.0 (8.7–11.4)	0.7
100% to less than 200% FPL	8.7 (7.7–9.9)	0.5
200% FPL or more	8.2 (7.7–8.6)	0.2
Men		
Less than 100% FPL	8.3 (6.3–10.6)	1.1
100% to less than 200% FPL	8.2 (6.6–10.0)	0.8
200% FPL or more	6.0 (5.5–6.6)	0.3
Women		
Less than 100% FPL	11.1 (9.4–13.0)	0.9
100% to less than 200% FPL	9.2 (7.9–10.6)	0.7
200% FPL or more	10.3 (9.7–11.0)	0.3

NOTES: FPL is federal poverty level, which is based on the ratio of the family's income in the previous calendar year to the appropriate poverty threshold defined by the U.S. Census Bureau. Use of medication for sleep frequency is based on a response to the question, "During the past 30 days, how often did you take any medication to help you fall asleep or stay asleep? Would you say never, some days, most days, or every day?" Confidence intervals are calculated using the Korn–Graubard method for complex surveys. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2020.

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