

Sleep on School Nights in Hawaii

Sleep on School Nights in Hawaii, by School Type, State, Gender, Grade Level, and DOH Race-Ethnicity,* for the Years 2013 - 2015

The weighted data is available for middle school for all years; high school weighted data is not available for 2001 or 2003. Data are shown by year in descending order. Questions for certain health indicators were not asked in all years.

Below are the indicators included in this report and the long description for each indicator.

Health Indicator	Health Indicator Description
Sleep - 8+ hours, average school night	Students who, on an average school night, get at least 8 hours of sleep

Suggested citation:

Hawaii Health Data Warehouse, State of Hawaii, Hawaii School Health Survey: Youth Risk Behavior Survey Module, (report title and years), Report Created: 7/29/16

For documentation on other terms and coding in this report, please go to the following links:

[Click here to access YRBS documentation](#)

[Click here to access Race-Ethnicity coding](#)

[Click here to access Hawai'i Data Guide](#)

For questions about this report, please contact The Hawaii Health Data Warehouse

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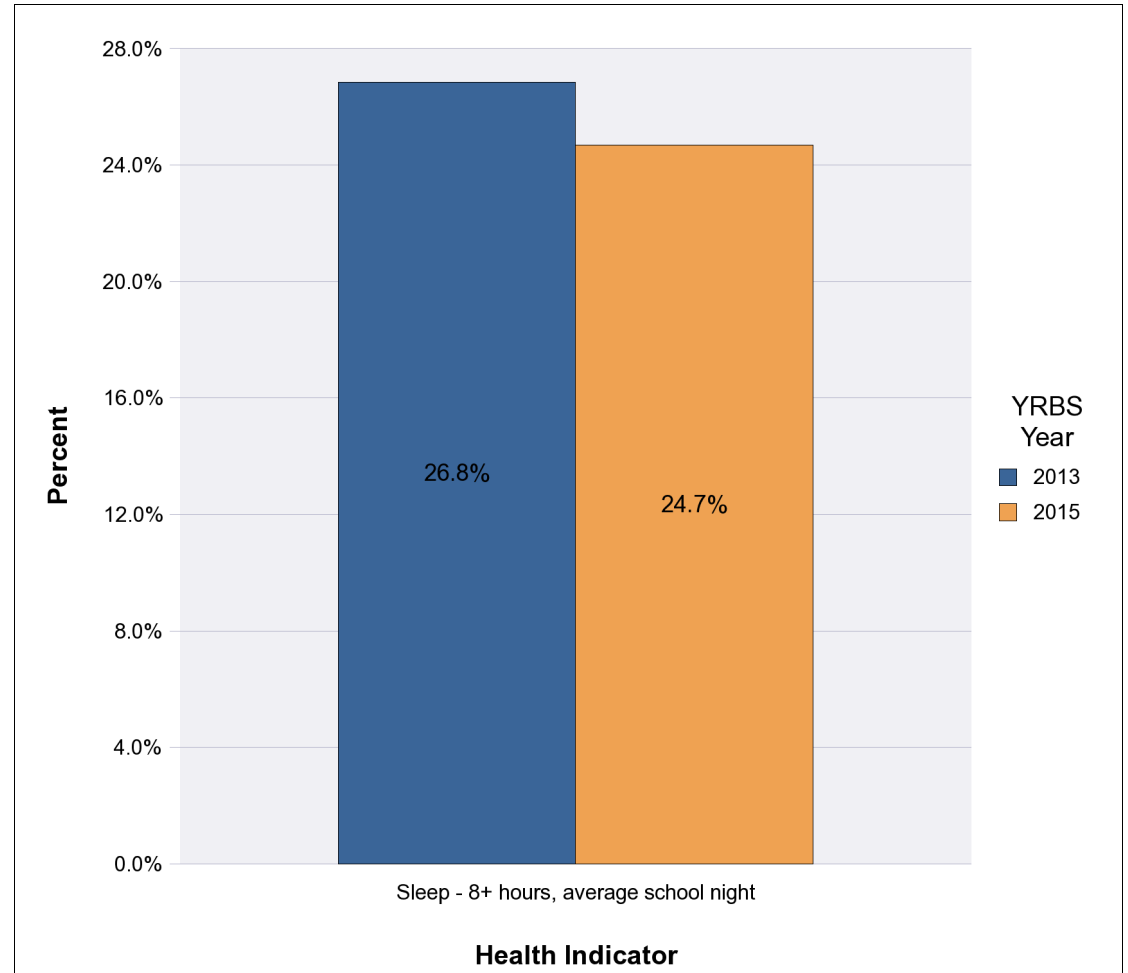
** Race-ethnicity data from 2011 forward may not be comparable to data from previous years.*

Sleep on School Nights in Hawaii, by School Type, for the Years 2013 - 2015

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100

High Schools

Health Indicator	YRBS Year	Percent
Sleep - 8+ hours, average school night	2013	26.8%
	2015	24.7%

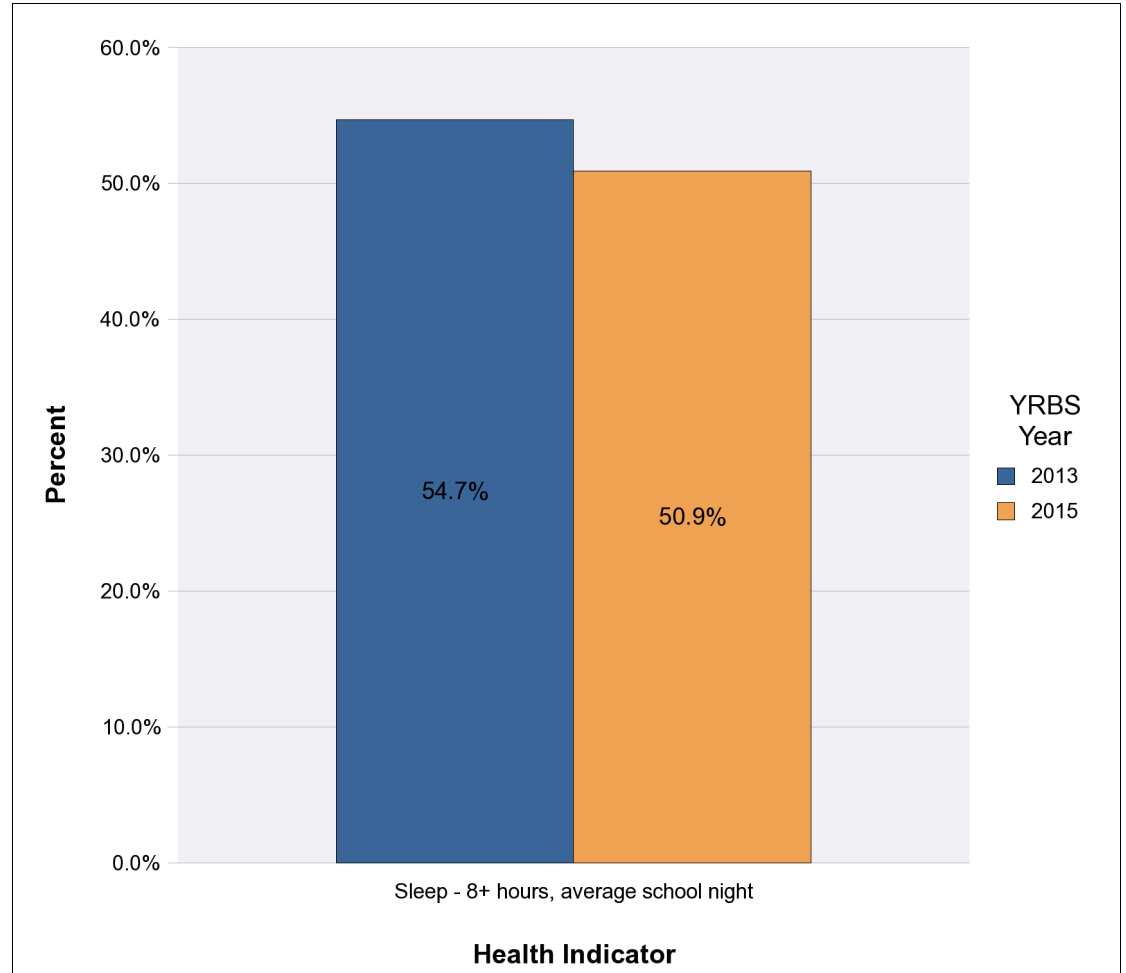


Sleep on School Nights in Hawaii, by School Type, for the Years 2013 - 2015

Note: Weighted percentages, positive responses only, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100

Middle Schools

Health Indicator	YRBS Year	Percent
Sleep - 8+ hours, average school night	2013	54.7%
	2015	50.9%



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High Schools

Year: 2015

State	Sleep - 8+ hours, average school night		
	#	%	CI
Totals	9,600	24.7%	22.1 - 27.3

Gender	Sleep - 8+ hours, average school night		
	#	%	CI
Male	5,000	27.0%	24.5 - 29.4
Female	4,500	22.5%	19.0 - 26.1

Grade Level	Sleep - 8+ hours, average school night		
	#	%	CI
9th Grade	3,500	32.3%	29.2 - 35.5
10th Grade	2,500	25.5%	20.2 - 30.8
11th Grade	1,900	22.4%	18.1 - 26.8
12th Grade	1,500	16.6%	12.7 - 20.6

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High Schools

Year: 2015

DOH Race-Ethnicity	Sleep - 8+ hours, average school night		
	#	%	CI
Caucasian	1,800	33.6%	27.7 - 39.5
Native Hawaiian	2,100	24.0%	21.5 - 26.4
Filipino	2,200	21.5%	16.6 - 26.4
Japanese	1,100	27.8%	19.2 - 36.5
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	200	17.5%	14.4 - 20.5
Other Pacific Islander	300	28.3%	19.5 - 37.0
Other	1,500	22.3%	17.9 - 26.7

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High Schools

Year: 2013

State	Sleep - 8+ hours, average school night		
	#	%	CI
Totals	10,800	26.8%	24.9 - 28.7

Gender	Sleep - 8+ hours, average school night		
	#	%	CI
Male	5,900	29.9%	27.4 - 32.4
Female	4,800	23.9%	20.8 - 27.0

Grade Level	Sleep - 8+ hours, average school night		
	#	%	CI
9th Grade	3,900	35.1%	29.9 - 40.3
10th Grade	2,800	28.5%	24.2 - 32.9
11th Grade	2,200	24.5%	21.0 - 28.1
12th Grade	1,700	17.8%	14.4 - 21.1

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High Schools

Year: 2013

DOH Race-Ethnicity	Sleep - 8+ hours, average school night		
	#	%	CI
Caucasian	1,700	30.4%	25.4 - 35.4
Native Hawaiian	2,700	30.4%	26.6 - 34.2
Filipino	2,400	21.7%	17.8 - 25.5
Japanese	1,200	29.6%	22.4 - 36.8
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	400	26.6%	14.8 - 38.4
Other Pacific Islander	300	31.6%	21.3 - 42.0
Other	1,800	26.6%	22.9 - 30.4

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Middle Schools

Year: 2015

State	Sleep - 8+ hours, average school night		
	#	%	CI
Totals	12,400	50.9%	47.5 - 54.4

Gender	Sleep - 8+ hours, average school night		
	#	%	CI
Male	6,400	54.0%	49.8 - 58.2
Female	6,000	48.3%	44.7 - 51.9

Grade Level	Sleep - 8+ hours, average school night		
	#	%	CI
6th Grade	2,900	62.3%	57.9 - 66.8
7th Grade	5,100	51.9%	46.8 - 56.9
8th Grade	4,300	44.9%	41.1 - 48.7

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Middle Schools

Year: 2015

DOH Race-Ethnicity	Sleep - 8+ hours, average school night		
	#	%	CI
Caucasian	1,800	59.7%	53.4 - 66.0
Native Hawaiian	2,800	50.5%	47.4 - 53.6
Filipino	2,700	45.8%	41.9 - 49.8
Japanese	1,100	62.2%	51.3 - 73.0
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	200	58.4%	50.9 - 65.9
Other Pacific Islander	700	39.9%	24.2 - 55.7
Other	2,000	50.8%	47.5 - 54.1

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Middle Schools

Year: 2013

State	Sleep - 8+ hours, average school night		
	#	%	CI
Totals	13,800	54.7%	52.4 - 57.0

Gender	Sleep - 8+ hours, average school night		
	#	%	CI
Male	7,100	57.3%	53.6 - 60.9
Female	6,700	52.4%	49.7 - 55.0

Grade Level	Sleep - 8+ hours, average school night		
	#	%	CI
6th Grade	3,400	64.9%	59.2 - 70.5
7th Grade	5,900	58.0%	55.1 - 60.9
8th Grade	4,400	45.8%	40.3 - 51.3

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Middle Schools

Year: 2013

DOH Race-Ethnicity	Sleep - 8+ hours, average school night		
	#	%	CI
Caucasian	1,800	57.1%	51.5 - 62.8
Native Hawaiian	3,000	53.0%	50.9 - 55.0
Filipino	3,200	53.5%	51.1 - 55.9
Japanese	1,100	57.2%	45.3 - 69.1
Black	n/r	n/r	n/r
Native Alaskan/ American Indian	n/r	n/r	n/r
Other Asian	800	47.4%	33.9 - 60.8
Other Pacific Islander	1,000	51.9%	41.2 - 62.5
Other	1,700	56.6%	52.2 - 61.0

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