

## Hours of Sleep on School Nights in Hawaii

### Hours of Sleep on School Nights in Hawaii, by School Type, Indicator, 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. 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.*

YRBS Health Indicator	Health Indicator Description
Sleep - number of hours, average school night	Hours of sleep on an average school night

*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.*

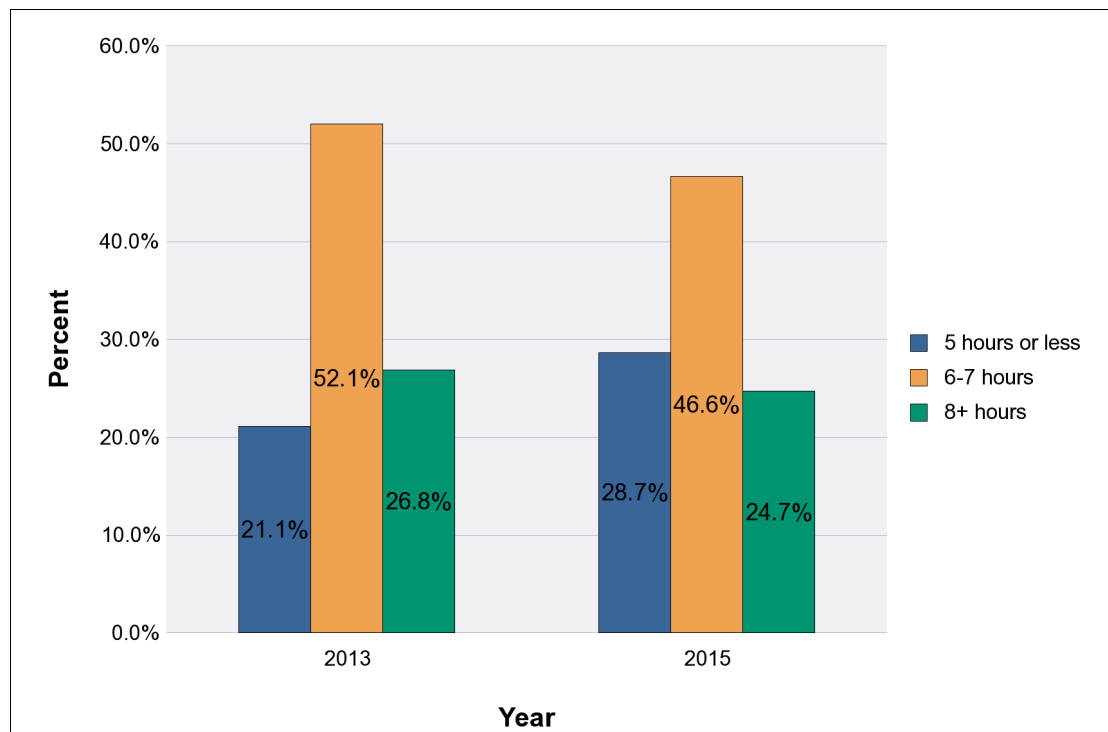
## Hours of Sleep on School Nights in Hawaii, by School Type and Indicator, for the Years 2013 - 2015

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

### High Schools

#### Sleep - number of hours, average school night

Year	YRBS Response	Percent
2013	5 hours or less	21.1%
	6-7 hours	52.1%
	8+ hours	26.8%
Year	YRBS Response	Percent
2015	5 hours or less	28.7%
	6-7 hours	46.6%
	8+ hours	24.7%



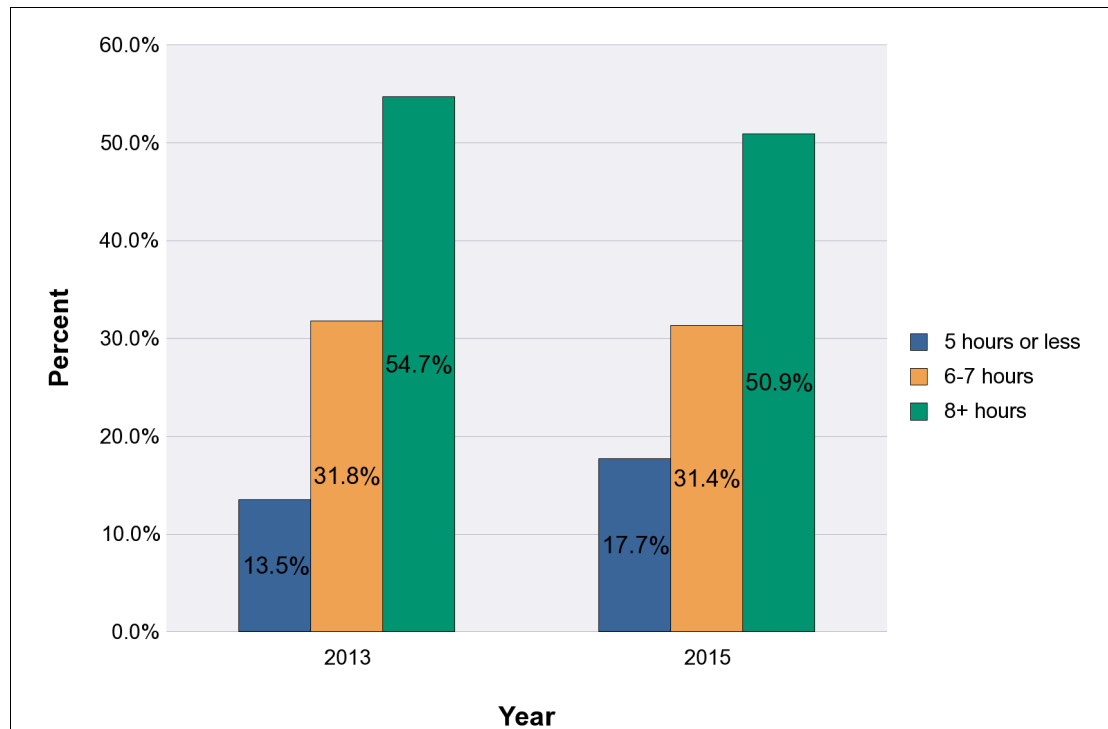
## Hours of Sleep on School Nights in Hawaii, by School Type and Indicator, for the Years 2013 - 2015

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

### Middle Schools

#### Sleep - number of hours, average school night

Year	YRBS Response	Percent
2013	5 hours or less	13.5%
	6-7 hours	31.8%
	8+ hours	54.7%
Year	YRBS Response	Percent
2015	5 hours or less	17.7%
	6-7 hours	31.4%
	8+ hours	50.9%



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

*Note: Weighted counts rounded to nearest 100, weighted percentages, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100*

### High Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2015**

State	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	11,100	28.7%	26.6 - 30.8	18,100	46.6%	44.5 - 48.7	9,600	24.7%	22.1 - 27.3

Gender	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	5,100	27.1%	24.3 - 29.9	8,600	45.9%	43.4 - 48.4	5,000	27.0%	24.5 - 29.4
<b>Female</b>	5,900	29.8%	27.3 - 32.2	9,500	47.7%	44.1 - 51.3	4,500	22.5%	19.0 - 26.1

Grade Level	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>9th Grade</b>	2,500	23.2%	20.5 - 25.9	4,800	44.5%	41.1 - 47.9	3,500	32.3%	29.2 - 35.5
<b>10th Grade</b>	2,600	27.2%	21.0 - 33.4	4,600	47.3%	42.1 - 52.6	2,500	25.5%	20.2 - 30.8
<b>11th Grade</b>	2,600	30.6%	27.1 - 34.0	4,100	47.0%	43.4 - 50.6	1,900	22.4%	18.1 - 26.8
<b>12th Grade</b>	3,100	34.2%	30.2 - 38.2	4,500	49.2%	44.7 - 53.6	1,500	16.6%	12.7 - 20.6

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

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

*Note: Weighted counts rounded to nearest 100, weighted percentages, 95% confidence interval;  
n/r (Not Reportable) - Total unweighted responses less than 100*

### High Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2015**

DOH Race-Ethnicity	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Caucasian</b>	1,000	19.3%	15.2 - 23.4	2,500	47.1%	40.2 - 54.1	1,800	33.6%	27.7 - 39.5
<b>Native Hawaiian</b>	2,700	31.1%	27.3 - 34.8	3,900	45.0%	40.7 - 49.3	2,100	24.0%	21.5 - 26.4
<b>Filipino</b>	3,300	31.3%	27.1 - 35.5	4,900	47.2%	42.7 - 51.6	2,200	21.5%	16.6 - 26.4
<b>Japanese</b>	800	21.0%	15.5 - 26.5	2,000	51.2%	40.8 - 61.5	1,100	27.8%	19.2 - 36.5
<b>Black</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Native Alaskan/ American Indian</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Other Asian</b>	400	28.8%	23.2 - 34.3	700	53.8%	46.3 - 61.3	200	17.5%	14.4 - 20.5
<b>Other Pacific Islander</b>	400	38.5%	29.2 - 47.9	300	33.2%	25.2 - 41.2	300	28.3%	19.5 - 37.0
<b>Other</b>	2,000	30.5%	24.0 - 37.1	3,200	47.2%	43.7 - 50.6	1,500	22.3%	17.9 - 26.7

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*Note: Weighted counts rounded to nearest 100, weighted percentages, 95% confidence interval; n/r (Not Reportable) - Total unweighted responses less than 100*

### High Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2013**

State	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	8,500	21.1%	19.3 - 23.0	20,900	52.1%	49.4 - 54.7	10,800	26.8%	24.9 - 28.7

Gender	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	3,800	19.6%	16.9 - 22.2	9,900	50.5%	47.0 - 54.0	5,900	29.9%	27.4 - 32.4
<b>Female</b>	4,600	22.5%	20.2 - 24.9	10,900	53.6%	49.4 - 57.7	4,800	23.9%	20.8 - 27.0

Grade Level	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>9th Grade</b>	1,700	15.6%	12.2 - 18.9	5,500	49.3%	44.1 - 54.5	3,900	35.1%	29.9 - 40.3
<b>10th Grade</b>	2,000	20.5%	16.7 - 24.2	5,100	51.0%	46.1 - 56.0	2,800	28.5%	24.2 - 32.9
<b>11th Grade</b>	2,000	22.2%	19.8 - 24.6	4,800	53.3%	49.9 - 56.6	2,200	24.5%	21.0 - 28.1
<b>12th Grade</b>	2,600	26.8%	22.5 - 31.1	5,300	55.4%	50.6 - 60.2	1,700	17.8%	14.4 - 21.1

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### High Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2013**

DOH Race-Ethnicity	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Caucasian</b>	900	15.7%	12.1 - 19.2	3,100	54.0%	49.1 - 58.8	1,700	30.4%	25.4 - 35.4
<b>Native Hawaiian</b>	2,000	23.3%	18.5 - 28.1	4,100	46.3%	40.3 - 52.3	2,700	30.4%	26.6 - 34.2
<b>Filipino</b>	2,400	21.1%	16.9 - 25.3	6,400	57.2%	51.8 - 62.6	2,400	21.7%	17.8 - 25.5
<b>Japanese</b>	800	20.1%	9.9 - 30.2	2,000	50.3%	38.5 - 62.1	1,200	29.6%	22.4 - 36.8
<b>Black</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Native Alaskan/ American Indian</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Other Asian</b>	300	18.9%	9.0 - 28.8	700	54.5%	45.0 - 64.0	400	26.6%	14.8 - 38.4
<b>Other Pacific Islander</b>	300	23.8%	17.8 - 29.8	500	44.6%	31.9 - 57.3	300	31.6%	21.3 - 42.0
<b>Other</b>	1,500	22.6%	20.2 - 25.0	3,400	50.8%	46.8 - 54.8	1,800	26.6%	22.9 - 30.4

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### Middle Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2015**

State	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	4,300	17.7%	14.6 - 20.8	7,600	31.4%	28.8 - 33.9	12,400	50.9%	47.5 - 54.4

Gender	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	1,900	15.9%	12.3 - 19.6	3,500	30.0%	27.2 - 32.9	6,400	54.0%	49.8 - 58.2
<b>Female</b>	2,300	18.8%	15.8 - 21.8	4,100	32.8%	29.8 - 35.9	6,000	48.3%	44.7 - 51.9

Grade Level	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>6th Grade</b>	700	15.1%	10.3 - 19.9	1,000	22.6%	20.0 - 25.2	2,900	62.3%	57.9 - 66.8
<b>7th Grade</b>	1,800	18.0%	13.4 - 22.6	3,000	30.1%	26.7 - 33.5	5,100	51.9%	46.8 - 56.9
<b>8th Grade</b>	1,700	18.1%	14.9 - 21.4	3,600	37.0%	34.7 - 39.2	4,300	44.9%	41.1 - 48.7

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### Middle Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2015**

DOH Race-Ethnicity	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Caucasian</b>	400	14.2%	9.9 - 18.5	800	26.1%	20.9 - 31.3	1,800	59.7%	53.4 - 66.0
<b>Native Hawaiian</b>	1,000	18.6%	14.8 - 22.3	1,700	30.9%	28.0 - 33.8	2,800	50.5%	47.4 - 53.6
<b>Filipino</b>	1,100	18.0%	15.4 - 20.6	2,200	36.1%	31.3 - 41.0	2,700	45.8%	41.9 - 49.8
<b>Japanese</b>	200	10.3%	2.8 - 17.8	500	27.5%	21.8 - 33.3	1,100	62.2%	51.3 - 73.0
<b>Black</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Native Alaskan/ American Indian</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Other Asian</b>	100	13.5%	5.5 - 21.4	100	28.1%	20.9 - 35.3	200	58.4%	50.9 - 65.9
<b>Other Pacific Islander</b>	500	30.3%	17.8 - 42.7	500	29.8%	19.2 - 40.5	700	39.9%	24.2 - 55.7
<b>Other</b>	600	16.3%	12.9 - 19.7	1,300	32.9%	30.6 - 35.1	2,000	50.8%	47.5 - 54.1

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### Middle Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2013**

State	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Totals</b>	3,400	13.5%	11.5 - 15.4	8,100	31.8%	29.6 - 34.0	13,800	54.7%	52.4 - 57.0

Gender	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Male</b>	1,600	13.1%	10.7 - 15.6	3,700	29.6%	25.5 - 33.7	7,100	57.3%	53.6 - 60.9
<b>Female</b>	1,800	13.7%	11.3 - 16.2	4,400	33.9%	30.9 - 36.9	6,700	52.4%	49.7 - 55.0

Grade Level	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>6th Grade</b>	600	12.0%	7.5 - 16.6	1,200	23.1%	19.8 - 26.4	3,400	64.9%	59.2 - 70.5
<b>7th Grade</b>	1,300	13.0%	10.3 - 15.8	3,000	28.9%	26.1 - 31.8	5,900	58.0%	55.1 - 60.9
<b>8th Grade</b>	1,400	14.6%	12.5 - 16.6	3,800	39.6%	34.7 - 44.6	4,400	45.8%	40.3 - 51.3

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### Middle Schools

**Indicator: Sleep - number of hours, average school night**

**Year: 2013**

DOH Race-Ethnicity	Sleep - number of hours, average school night								
	5 hours or less			6-7 hours			8+ hours		
	#	%	CI	#	%	CI	#	%	CI
<b>Caucasian</b>	400	12.5%	7.2 - 17.9	900	30.3%	24.5 - 36.1	1,800	57.1%	51.5 - 62.8
<b>Native Hawaiian</b>	700	12.7%	9.8 - 15.6	2,000	34.4%	31.4 - 37.3	3,000	53.0%	50.9 - 55.0
<b>Filipino</b>	800	13.4%	10.9 - 16.0	2,000	33.1%	30.1 - 36.1	3,200	53.5%	51.1 - 55.9
<b>Japanese</b>	200	10.9%	4.5 - 17.4	600	31.9%	21.9 - 41.9	1,100	57.2%	45.3 - 69.1
<b>Black</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Native Alaskan/ American Indian</b>	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r	n/r
<b>Other Asian</b>	300	19.4%	7.5 - 31.4	600	33.2%	21.4 - 45.0	800	47.4%	33.9 - 60.8
<b>Other Pacific Islander</b>	400	22.7%	18.0 - 27.5	500	25.4%	15.9 - 34.9	1,000	51.9%	41.2 - 62.5
<b>Other</b>	400	11.6%	9.6 - 13.7	1,000	31.7%	27.5 - 36.0	1,700	56.6%	52.2 - 61.0

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