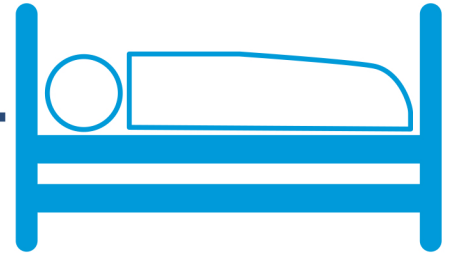


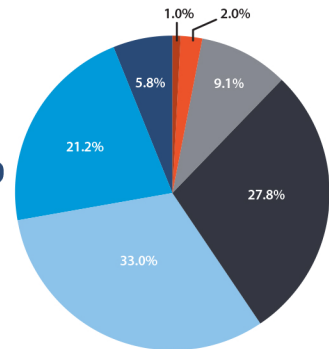


SLEEP HOURS PER NIGHT



In a **TYPICAL 24-HOUR PERIOD, ABOUT HOW MANY HOURS DO YOU SLEEP, INCLUDING NAPS?**

- Less than 4 hours
- 4 hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- More than 8 hours

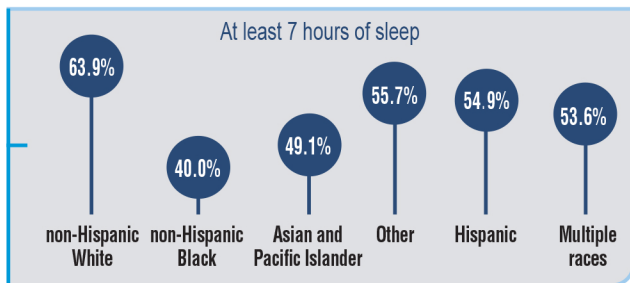


AVERAGE HOURS OF SLEEP PER NIGHT

6.77

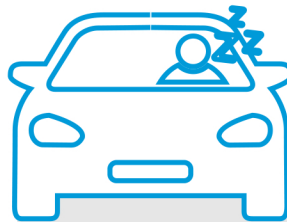
Compared to non-Hispanic White nurses:

- non-Hispanic Black nurses had **62%** lower odds of getting **7 hours** of sleep
- Asian and Pacific Islander nurses had **44%** lower odds of getting **7 hours** of sleep



FALLEN ASLEEP WHILE DRIVING

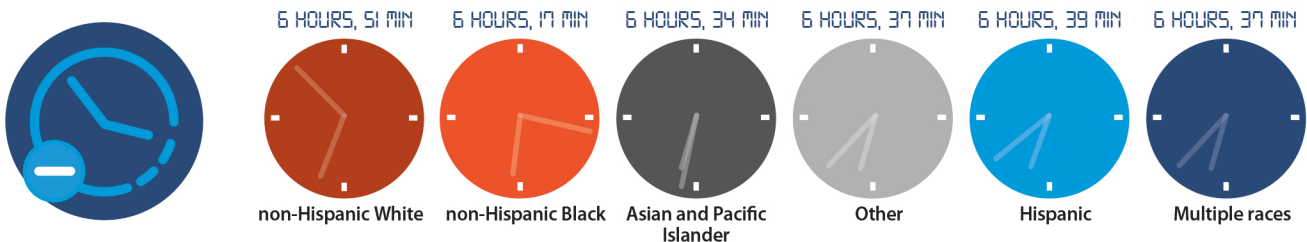
12.8%



Compared to non-Hispanic White nurses, non-Hispanic Black, Asian, and Pacific Islander nurses had **77% greater odds of falling asleep while driving.**

- non-Hispanic White | 11.0%
- non-Hispanic Black | 17.9%
- Asian and Pacific Islander | 17.5%
- Other | 12.1%
- Hispanic | 15.1%
- Multiple races | 13.3%

NURSES OF COLOR GET **LESS SLEEP** THAN WHITE NURSES.



All estimates are controlled for year, years of experience, nurse licensure, race, and work setting.