

Most Black older adults have trouble with getting a good night's sleep



72%
of Black adults ages 40-plus **report sleep difficulties**

61%
say sleep quality is discussed during routine visits with a PCP



However...

60%

have trouble falling asleep

58%

have trouble staying asleep

62%

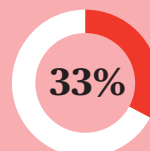
wake more than once per night

61%

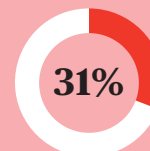
wake too early

58% with sleep problems have never sought professional help

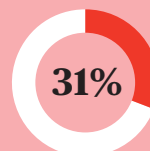
Top reasons never sought treatment:



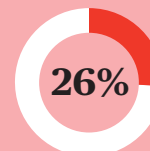
Feel it is not that bad/serious



Feel they get enough sleep



Don't believe in taking anything for sleep



Unsure where to get help



60%
with poor sleep say it has **negatively impacted their quality of life**



41%
with poor sleep say it has **negatively impacted their finances**

This survey—2024 Healthy Living Theme Month: A Look At Sleep—was conducted from April 3 through April 18, 2024, online (with a phone option) in English and Spanish. The total sample was 1,610 adults ages 40-plus, including a total of 428 African American/Black respondents.