

## Healthy People 2020 Summary of Objectives

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### Sleep Health

<b>Number</b>	<b>Objective Short Title</b>
SH-1	Evaluation for obstructive sleep apnea
SH-2	Vehicular crashes due to drowsy driving
SH-3	Sufficient sleep among 9th through 12th graders
SH-4	Sufficient sleep among adults

## Topic Area: Sleep Health

**SH-1:** Increase the proportion of persons with symptoms of obstructive sleep apnea who seek medical evaluation.

Target: 28.0 percent.

Baseline: 25.5 percent of persons with symptoms of obstructive sleep apnea sought medical evaluation in 2005–08 (age adjusted to the year 2000 standard population).

Target setting method: Minimal statistical significance.

Data source: National Health and Nutrition Examination Survey (NHANES), CDC, NCHS.

**SH-2:** Reduce the rate of vehicular crashes per 100 million miles traveled that are due to drowsy driving.

Target: 2.1 vehicular crashes per 100 million miles traveled.

Baseline: 2.7 vehicular crashes per 100 million miles traveled involved drowsy driving in 2008.

Target setting method: Minimal statistical significance.

Data source: General Estimates System (GES), DOT, NHTSA.

**SH-3:** Increase the proportion of students in grades 9 through 12 who get sufficient sleep.

Target: 33.2 percent.

Baseline: 30.9 percent of students in grades 9 through 12 got sufficient sleep (defined as 8 or more hours of sleep on an average school night) in 2009.

Target setting method: Minimal statistical significance.

Data source: Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP.

**SH-4:** Increase the proportion of adults who get sufficient sleep.

Target: 70.9 percent.

Baseline: 69.6 percent of adults got sufficient sleep (defined as 8 or more hours for those aged 18 to 21 years and 7 or more hours for those aged 22 years and older, on average, during a 24-hour period) in 2008.

Target setting method: Minimal statistical significance.

Data source: National Health Interview Survey (NHIS), CDC, NCHS.