

# CDC: A third of Americans don't sleep 7 hours

March 3 2011, By MIKE STOBBE , AP Medical Writer

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(AP) -- More than a third of U.S. adults sleep less than seven hours a night, and many of them report troubles concentrating, remembering and even driving.

The [Centers for Disease Control and Prevention](#) reported the statistics Thursday in two separate studies.

In one study, about 35 percent of people surveyed in 12 states said they slept less than seven hours a night, on average.

The second study based on a national survey found about 23 percent said they had trouble concentrating because they were tired. Another 18 percent struggled to remember things, and 11 percent had difficulty driving or commuting.

**More information:** The CDC reports: <http://www.cdc.gov/mmwr>

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