













Connecting Core Measures: Suggested Recommendations for Interpreting Data

Markers of **good sleep health**

	 Young adult (18-25 years) 	Adult (26-64 years) 	Older adult (≥65 years) 
 Total sleep time	7-9 hours	7-9 hours	7-8 Hours
 Initial sleep onset latency	≤ 30 minutes	≤ 30 minutes	≤ 30 minutes
 Wake after sleep onset	≤ 20 minutes	≤ 20 minutes	≤ 20 minutes
 Number of wake events	≤ 1 awakening	≤ 1 awakening	≤ 2 awakenings
 Sleep efficiency	≥ 85%	≥ 85%	≥ 85%
 Naps	0		











Source: Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., ... & Ware, J. C. (2015). National Sleep Foundation's updated sleep duration recommendations. *Sleep health*, 1(4), 233-243.

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Markers of **poor sleep health**

	 Young adult (18-25 years) 	Adult (26-64 years) 	Older adult (≥65 years) 
 Total sleep time			
 Initial sleep onset latency	≥ 45 minutes	≥ 45 minutes	≥ 60 minutes
 Wake after sleep onset	≥ 41 minutes	≥ 41 minutes	
 Number of wake events	≥ 4 awakenings	≥ 4 awakenings	≥ 4 awakenings
 Sleep efficiency	≤ 64%	≤ 74%	≤ 74%
 Naps	≥ 3	≥ 4	≥ 4

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Connecting Core Measures: Suggested Recommendations for Interpreting Data

Young adult (18-25 years)



Sleep health markers



Young adult (18-25 years)

Total sleep time	Good	7-9 hours	Poor	
Initial sleep onset latency	Good	≤ 30 minutes	Poor	≥ 45 minutes
Wake after sleep onset	Good	≤ 20 minutes	Poor	≥ 41 minutes
Number of wake events	Good	≤ 1 awakening	Poor	≥ 4 awakenings
Sleep efficiency	Good	$\geq 85\%$	Poor	$\leq 64\%$
Naps	Good	0	Poor	≥ 3

Source: Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., ... & Ware, J. C. (2015). National Sleep Foundation's updated sleep duration recommendations. *Sleep health*, 1(4), 233-243.

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Adult (26-64 years)



Sleep health markers



Adult (26-64 years)

Total sleep time	Good	7-9 hours	Poor	
Initial sleep onset latency	Good	≤ 30 minutes	Poor	≥ 45 minutes
Wake after sleep onset	Good	≤ 20 minutes	Poor	≥ 41 minutes
Number of wake events	Good	≤ 1 awakening	Poor	≥ 4 awakenings
Sleep efficiency	Good	$\geq 85\%$	Poor	$\leq 74\%$
Naps	Good		Poor	≥ 4

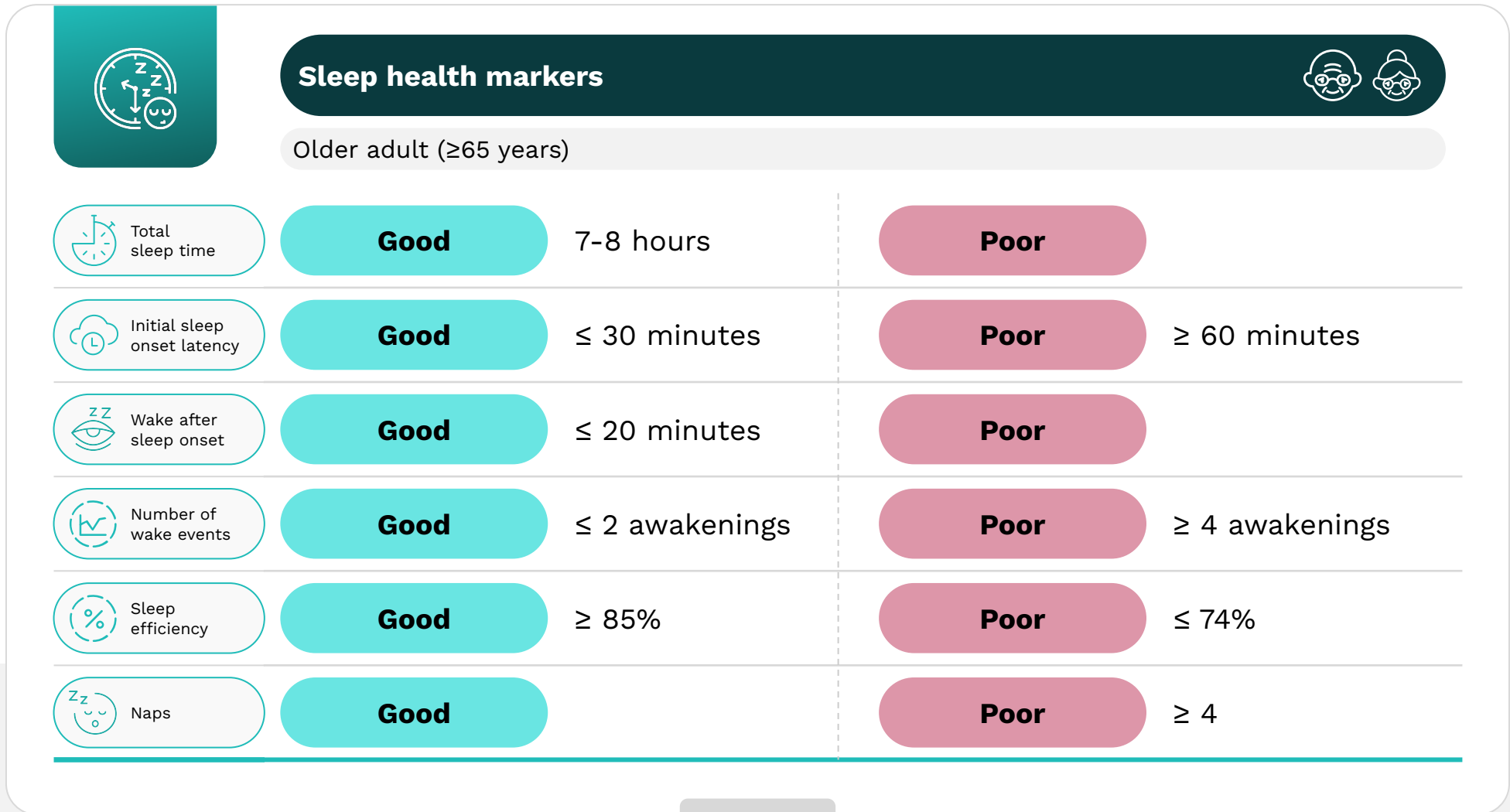
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Older adult (≥65 years)



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