Investigating (NHANES) 2013-2014 the relationship between exposure to alcohol consumption ALQ120Q & ALQ120U and disease sleep disorders SLQ060 adults ages 20 to 79

Confounding variables:

Sex, Race, Age, Household income, Education, General health condition, Exercise, and BMI

Sex Male Female

Race Non-Hispanic White Non-Hispanic Black Non-Hispanic Asian Hispanic Other Race

Age (years) Age (%) 20-29 30-64 65+

Household income Low ≤ $25,000 Medium $25,000 to < $75,000 High ≥$75,000

Education Less than High school / High school / GED Greater than high school

General health condition Excellent/ very good /good /Fair/Poor

Alcohol > 1 /week

Exercise at vigorous/moderate level

Depression score (%) None (0) Low (1-4) Medium (5-9) High (10-27)

Sleep hours (%) Short (0-6) Normal (7-9) Long (10-12)

BMI (kg/m2) (%) Normal/underweight Overweight Obese

Results and interpretation

Tables for Results and Interpretations