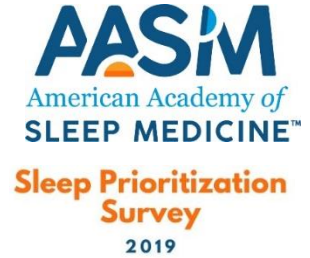


AASM Sleep Prioritization Survey

How it Feels to Miss Bedtime



Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,003 adults in the United States. The margin of error is +/- 2 percentage points with a confidence interval of 95 percent. The fieldwork was performed Sept. 17-20, 2019 by Atomik Research, an independent creative market research agency.

Question

How do you feel when you stay up past your bedtime? (Select all that apply).

- Guilty
- Frustrated
- Worried
- Content
- Relaxed
- Rebellious
- Excited
- Other
- None of the Above

Results

- Nearly one in four (24%) of respondents said they feel frustrated when they stay up past their bedtime, and 16% said they feel worried.

Younger individuals are more likely to feel frustrated, worried and guilty about staying up past their bedtime.

Overall Feelings about Staying Up Past Bedtime Results

Total	2,003
Guilty	256 (13%)
Frustrated	485 (24%)
Worried	321 (16%)
Content	305 (15%)
Relaxed	356 (18%)
Rebellious	94 (5%)
Excited	103 (5%)
Other	208 (10%)
None of the above	421 (21%)

“Frustrated” was the feeling most identified by respondents when they stay up past their bedtime.

Feelings about Staying Up Late by Gender

	Male	Female
Total	1,002	1,001
Guilty	117 (12%)	139 (14%)
Frustrated	214 (21%)	271 (27%)
Worried	152 (15%)	169 (17%)
Content	171 (17%)	134 (13%)
Relaxed	215 (21%)	141 (14%)
Rebellious	53 (5%)	41 (4%)
Excited	61 (6%)	42 (4%)
Other	193 (9%)	120 (12%)
None of the above	88 (19%)	228 (23%)

Men are more likely to be relaxed about staying up past their bedtime, while women are more likely to be frustrated about being up late.

Feelings about Staying Up Late by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Guilty	51 (20%)	52 (13%)	63 (14%)	48 (13%)	23 (14%)	19 (10%)
Frustrated	89 (35%)	108 (28%)	124 (28%)	81 (22%)	38 (27%)	45 (16%)
Worried	61 (24%)	80 (21%)	80 (18%)	50 (14%)	29 (17%)	21 (12%)
Content	33 (13%)	63 (16%)	61 (14%)	53 (15%)	45 (13%)	50 (19%)
Relaxed	50 (20%)	83 (21%)	78 (18%)	44 (12%)	41 (14%)	60 (17%)
Rebellious	26 (10%)	19 (5%)	26 (6%)	10 (3%)	7 (4%)	6 (3%)
Excited	20 (8%)	28 (7%)	29 (7%)	14 (4%)	10 (4%)	2 (4%)
Other	16 (6%)	29 (7%)	79 (8%)	45 (12%)	40 (12%)	44 (17%)
None of the above	33 (13%)	55 (14%)	34 (18%)	85 (23%)	62 (23%)	107 (26%)

Feelings about Staying Up Late by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	179	637	627	487	73
Guilty	34 (19%)	94 (15%)	86 (14%)	39 (8%)	3 (4%)
Frustrated	58 (32%)	193 (30%)	151 (24%)	76 (16%)	7 (10%)
Worried	42 (23%)	124 (19%)	105 (17%)	47 (10%)	3 (4%)
Content	20 (11%)	96 (15%)	94 (15%)	80 (16%)	15 (21%)
Relaxed	35 (20%)	131 (21%)	89 (14%)	84 (17%)	17 (23%)
Rebellious	21 (12%)	36 (6%)	24 (4%)	12 (2%)	1 (1%)
Excited	13 (7%)	48 (8%)	30 (5%)	12 (2%)	0 (0%)
Other	14 (8%)	43 (7%)	67 (11%)	71 (30%)	13 (18%)
None of the above	25 (14%)	99 (16%)	128 (20%)	148 (15%)	21 (29%)

Feelings about Staying Up Late by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Guilty	45 (13%)	96 (13%)	64 (14%)	51 (12%)
Frustrated	90 (25%)	174 (23%)	119 (26%)	102 (24%)
Worried	69 (19%)	118 (16%)	72 (16%)	62 (14%)
Content	53 (15%)	115 (15%)	74 (16%)	63 (15%)
Relaxed	62 (17%)	128 (17%)	76 (17%)	90 (21%)
Rebellious	16 (4%)	37 (5%)	23 (5%)	18 (4%)
Excited	19 (5%)	38 (5%)	23 (5%)	23 (5%)
Other	36 (10%)	70 (9%)	50 (11%)	52 (12%)
None of the above	70 (20%)	167 (22%)	97 (21%)	87 (20%)

Those in the West are more likely to feel relaxed about staying up past their bedtime.

About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards. The AASM has a combined membership of 10,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals.