

AASM Sleep Prioritization Survey End of Daylight Saving Time



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

In November, the clocks move back by one hour for daylight saving time, providing an “extra” hour. What do you plan to do with your “extra” hour this year?

- Spend it with friends/family
- Do housework, run errands
- Catch up on work or studies
- Enjoy a relaxing activity, such as reading a book or watching sports or a movie
- Do a hobby or start learning a new one
- Sleep
- None of the above
- Does not apply to me (my area does not observe daylight saving time)

Results

- 41% of those surveyed said they plan to use the “extra” hour to sleep.

Overall End of DST Activities Results

Total	2,003
Spend it with friends/family	268 (13%)
Do housework/errands	119 (6%)
Catch up on work/studies	105 (5%)
Enjoy a relaxing activity	269 (13%)
Do a hobby	82 (4%)
Sleep	820 (41%)
None of the above	290 (14%)
Does not apply to me	50 (2%)

Most Americans (41%) will spend the “extra” hour sleeping.

End of DST Activities by Gender

	Male	Female
Total	1,002	1,001
Spend it with friends/family	143 (14%)	125 (12%)
Do housework/errands	48 (5%)	71 (7%)
Catch up on work/studies	59 (6%)	46 (5%)
Enjoy a relaxing activity	133 (13%)	136 (14%)
Do a hobby	48 (5%)	34 (3%)
Sleep	410 (41%)	410 (41%)
None of the above	140 (14%)	150 (15%)
Does not apply to me	21 (2%)	29 (3%)

Men and women plan to sleep with their “extra” time at the same rate (41%).

End of DST Activities by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Spend it with friends/family	34 (14%)	80 (21%)	68 (15%)	47 (13%)	17 (7%)	22 (7%)
Do housework or errands	7 (3%)	29 (7%)	36 (8%)	25 (7%)	8 (3%)	14 (4%)
Catch up on work/studies	31 (12%)	31 (8%)	21 (5%)	11 (3%)	5 (2%)	6 (2%)
Enjoy a relaxing activity	20 (8%)	42 (11%)	55 (13%)	50 (14%)	38 (16%)	64 (20%)
Do a hobby	21 (8%)	21 (5%)	18 (4%)	12 (3%)	9 (4%)	1 (0%)
Sleep	120 (48%)	146 (38%)	180 (41%)	155 (42%)	104 (43%)	115 (36%)
None of the above	13 (5%)	28 (7%)	54 (12%)	59 (16%)	49 (20%)	87 (27%)
Does not apply to me	5 (2%)	10 (3%)	8 (2%)	6 (2%)	12 (5%)	9 (3%)

Respondents 65+ are least likely to spend the “extra” hour sleeping.

End of DST Activities 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
Spend it with friends/family	28 (16%)	113 (18%)	88 (14%)	35 (7%)	4 (5%)
Do housework or errands	3 (2%)	44 (7%)	50 (8%)	20 (4%)	2 (3%)
Catch up on work/studies	24 (13%)	52 (8%)	18 (3%)	10 (2%)	1 (1%)
Enjoy a relaxing activity	11 (6%)	73 (11%)	83 (13%)	83 (17%)	19 (26%)
Do a hobby	12 (7%)	40 (6%)	20 (3%)	10 (2%)	0 (0%)
Sleep	85 (47%)	255 (40%)	261 (42%)	198 (41%)	21 (29%)
None of the above	12 (7%)	46 (7%)	96 (15%)	111 (23%)	25 (34%)
Does not apply to me	4 (2%)	14 (2%)	11 (2%)	20 (4%)	1 (1%)

End of DST by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Spend it with friends/family	39 (11%)	110 (15%)	61 (13%)	58 (13%)
Do housework or errands	20 (6%)	45 (6%)	31 (7%)	23 (5%)
Catch up on work/studies	19 (5%)	34 (5%)	25 (5%)	27 (6%)
Enjoy a relaxing activity	55 (15%)	109 (14%)	51 (11%)	54 (12%)
Do a hobby	13 (4%)	31 (4%)	16 (3%)	22 (5%)
Sleep	169 (47%)	306 (41%)	201 (44%)	144 (33%)
None of the above	40 (11%)	114 (15%)	74 (16%)	62 (14%)
Does not apply to me	2 (1%)	4 (1%)	1 (0%)	43 (10%)

The West was the least likely to be impacted by DST (10%) and less likely to choose sleep (33%) as their “extra” hour activity.

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.