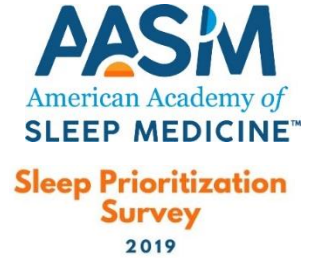


AASM Sleep Prioritization Survey Start of Daylight Saving Time



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

How tired do you typically feel after the daylight saving time change in the spring when clocks move forward and we lose one hour?

Results

- More than half (55%) of those surveyed said they feel extremely or somewhat tired after the spring going forward to daylight saving time.
 - This includes the 14% who answered “extremely tired” and the 41% who answered “somewhat tired.”

Overall Start of DST Results

Total	2,003
Extremely tired	280 (14%)
Somewhat tired	831 (41%)
No more tired than usual	832 (42%)
Does not apply to me	60 (3%)

More than half of Americans (55%) typically feel tired after the clocks move forward an hour for DST.

Start of DST by Gender

	Male	Female
Total	1,002	1,001
Extremely tired	108 (11%)	172 (17%)
Somewhat tired	380 (38%)	451 (45%)
No more tired than usual	486 (49%)	346 (35%)
Does not apply to me	28 (3%)	32 (3%)

Women (62%) are more likely to feel extremely or somewhat tired than men (49%).

Start of DST by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Extremely tired	46 (18%)	63 (16%)	89 (20%)	42 (12%)	30 (12%)	10 (3%)
Somewhat tired	125 (50%)	173 (45%)	175 (40%)	159 (44%)	92 (38%)	107 (34%)
No more tired than usual	74 (29%)	138 (36%)	166 (38%)	154 (42%)	108 (45%)	192 (60%)
Does not apply to me	6 (2%)	13 (3%)	10 (2%)	10 (3%)	12 (5%)	9 (3%)

Respondents aged 65+ (3%) are least likely to feel extremely tired after the time change.

Start of DST 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
Extremely tired	33 (18%)	116 (18%)	91 (15%)	39 (8%)	1 (1%)
Somewhat tired	86 (48%)	284 (45%)	262 (42%)	177 (36%)	22 (30%)
No more tired than usual	55 (31%)	220 (35%)	257 (41%)	251 (52%)	49 (67%)
Does not apply to me	5 (3%)	17 (3%)	17 (3%)	20 (4%)	1 (1%)

Start of DST by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Extremely tired	57 (16%)	109 (14%)	62 (13%)	52 (12%)
Somewhat tired	156 (44%)	314 (42%)	185 (40%)	176 (41%)
No more tired than usual	142 (40%)	324 (43%)	208 (45%)	158 (36%)
Does not apply to me	2 (1%)	6 (1%)	5 (1%)	47 (11%)

Individuals in the West (36%) are less likely to feel tired due to the time change than those in other areas.

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.