

# AASM Sleep Prioritization Survey After Election Night



## Survey Methodology

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 market research agency.

## Question

How tired do you typically feel after election night?

## Results

- Nearly one-third (32%) of respondents reported they are more tired than usual after election night.
  - This includes 11% who answered “extremely tired” and 21% who answered “somewhat tired.”

### Overall After Election Night Results

	Rank
<b>Total</b>	<b>2,003 (100%)</b>
Extremely tired	220 (11%)
Somewhat tired	429 (21%)
No more tired than usual	1,354 (68%)

11% of respondents feel extremely tired after election night.

### After Election Night by Gender

	Male	Female
<b>Total</b>	<b>1,002</b>	<b>1,001</b>
Extremely tired	121 (12%)	99 (10%)
Somewhat tired	230 (23%)	199 (20%)
No more tired than usual	651 (65%)	703 (70%)

Men (33%) are more likely to report feeling more tired than usual after election night than women (30%).

### After Election Night by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>251</b>	<b>387</b>	<b>440</b>	<b>365</b>	<b>242</b>	<b>318</b>
Extremely tired	36 (14%)	40 (10%)	56 (13%)	41 (11%)	25 (10%)	22 (7%)
Somewhat tired	53 (21%)	80 (21%)	87 (20%)	75 (21%)	48 (20%)	86 (27%)
No more tired than usual	162 (65%)	267 (69%)	297 (68%)	249 (68%)	169 (70%)	210 (66%)

18-24 year-olds (35%) are the most likely to feel more tired than usual after election night.

### After Election Night by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	<b>179</b>	<b>637</b>	<b>627</b>	<b>487</b>	<b>73</b>
Extremely tired	26 (15%)	77 (12%)	70 (11%)	41 (8%)	6 (8%)
Somewhat tired	34 (19%)	136 (21%)	125 (20%)	113 (23%)	21 (29%)
No more tired than usual	119 (66%)	424 (67%)	432 (69%)	333 (68%)	46 (63%)

The Silent Generation (37%) is most likely to be more tired than usual after election night.

### After Election Night by Region

	Northeast	South	Midwest	West
<b>Total</b>	<b>357</b>	<b>753</b>	<b>460</b>	<b>433</b>
Extremely tired	44 (12%)	81 (11%)	51 (11%)	44 (10%)
Somewhat tired	77 (22%)	171 (23%)	86 (19%)	95 (22%)
No more tired than usual	236 (66%)	501 (67%)	323 (70%)	294 (68%)

Respondents in the Northeast (34%) are the most likely to be more tired than usual after election night.

When faced with the same question, respondents reported feeling more tired than usual:

- New Year's Day (57%)
- First day back at work in January (45%)
- July 5th (41%)
- During the first week of school in the fall (40%)
- Black Friday (39%)
- The Monday after the Super Bowl (39%)
- The day after your birthday (35%)
- The day after Labor Day (30%)
- During the World Series (22%)

### About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine (AASM) is advancing sleep care and enhancing sleep health to improve lives. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals (<https://aasm.org/>).