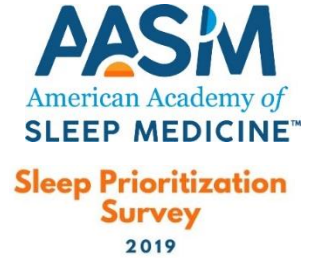


# AASM Sleep Prioritization Survey End of Daylight Saving Time



## 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

<b>Total</b>	<b>2,003</b>
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
<b>Total</b>	<b>1,002</b>	<b>1,001</b>
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+
<b>Total</b>	<b>251</b>	<b>387</b>	<b>440</b>	<b>365</b>	<b>242</b>	<b>318</b>
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+)
<b>Total</b>	<b>179</b>	<b>637</b>	<b>627</b>	<b>487</b>	<b>73</b>
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
<b>Total</b>	<b>357</b>	<b>753</b>	<b>460</b>	<b>433</b>
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.