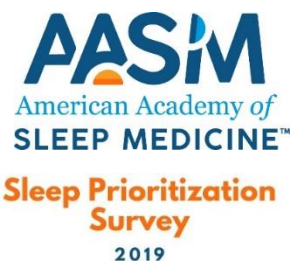


# AASM Sleep Prioritization Survey Sporting Event Past Bedtime



## 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 creative market research agency.

## Question

Have you ever lost sleep because you stayed up “past your bedtime” watch a sporting event?

## Results

- 58% of respondents said they have lost sleep because they stayed up “past their bedtime” to watch a sporting event.
  - This includes 14% who answered “yes, often,” 24% who answered “yes, sometimes,” and 21% who answered “yes, rarely.”
- Men (72%) are much more likely than women (45%) to stay up past their bedtime for a sporting event.

### Overall Sporting Event Past Bedtime Results

	Rank
<b>Total</b>	<b>2,003 (100%)</b>
Yes, often	276 (14%)
Yes, sometimes	472 (24%)
Yes, but rarely	422 (21%)
No	833 (42%)

58% of respondents have lost sleep because of a sporting event.

### Sporting Event Past Bedtime by Gender

	Male	Female
<b>Total</b>	<b>1,002</b>	<b>1,001</b>
Yes, often	213 (21%)	63 (6%)
Yes, sometimes	300 (30%)	172 (17%)
Yes, but rarely	209 (21%)	213 (21%)
No	280 (28%)	553 (55%)

Men (28%) are more likely to lose sleep due to a sporting event than women (55%).

### Sporting Event Past Bedtime 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>
Yes, often	42 (17%)	71 (18%)	80 (13%)	48 (10%)	24 (10%)	11 (3%)
Yes, sometimes	44 (28%)	100 (26%)	122 (25%)	91 (22%)	53 (22%)	63 (20%)
Yes, but rarely	49 (20%)	70 (18%)	94 (24%)	86 (21%)	50 (21%)	73 (23%)
No	116 (46%)	146 (38%)	145 (38%)	140 (48%)	115 (48%)	171 (54%)

Those aged 25-44 (62%) are more likely to lose sleep due to a sporting event.

### Sporting Event Past Bedtime 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>
Yes, often	29 (16%)	118 (19%)	94 (15%)	35 (7%)	0 (0%)
Yes, sometimes	28 (16%)	164 (26%)	164 (26%)	106 (22%)	10 (14%)
Yes, but rarely	33 (18%)	126 (20%)	140 (22%)	101 (21%)	22 (30%)
No	89 (50%)	229 (36%)	229 (37%)	245 (50%)	41 (56%)

The Silent Generation (44%) is the least likely to lose sleep due to a sporting event.

### Sports Impact by Region

	Northeast	South	Midwest	West
<b>Total</b>	<b>357</b>	<b>753</b>	<b>460</b>	<b>433</b>
Yes, often	57 (16%)	106 (14%)	70 (15%)	43 (10%)
Yes, sometimes	82 (23%)	188 (25%)	112 (24%)	90 (21%)
Yes, but rarely	79 (22%)	151 (20%)	96 (21%)	96 (22%)
No	139 (39%)	308 (41%)	182 (40%)	204 (47%)

Respondents in the West (47%) are least likely to lose sleep because of a sporting event.

### 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.