

AASM Sleep Prioritization Survey New Year's Day



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

How tired do you typically feel on New Year's Day?

Results

- More than half (57%) of respondents reported they are more tired than usual on New Year's Day.
 - This includes 22% who answered "extremely tired" and 36% who answered "somewhat tired."
- A higher number of respondents reported feeling more tired than usual on New Year's Day (57%) than other days, when faced with the same question.
 - The first day back at work in January (45%)
 - The 5th of July (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%)
 - After election night in November (32%)
 - The day after Labor Day (30%)
 - During the World Series (22%)

Overall New Year's Day Results

	Rank
Total	2,003 (100%)
Extremely tired	435 (22%)
Somewhat tired	712 (36%)
No more tired than usual	856 (43%)

22% of respondents feel extremely tired on New Year's Day.

New Year's Day by Gender

	Male	Female
Total	1,002	1,001
Extremely tired	214 (21%)	221 (22%)
Somewhat tired	351 (35%)	361 (36%)
No more tired than usual	437 (44%)	419 (42%)

Women (58%) are more likely to report feeling more tired than usual on New Year's Day.

New Year's Day by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Extremely tired	88 (35%)	112 (29%)	108 (25%)	81 (22%)	35 (14%)	11 (3%)
Somewhat tired	91 (36%)	148 (38%)	158 (36%)	139 (38%)	73 (30%)	103 (32%)
No more tired than usual	72 (29%)	127 (33%)	174 (40%)	145 (40%)	134 (55%)	204 (64%)

18-24 year-olds (35%) are the most likely to be extremely tired on New Year's Day.

New Year's Day 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	59 (33%)	189 (30%)	141 (22%)	42 (9%)	4 (5%)
Somewhat tired	65 (36%)	228 (36%)	243 (39%)	159 (33%)	17 (23%)
No more tired than usual	55 (31%)	220 (35%)	243 (39%)	286 (59%)	52 (71%)

The Silent Generation (28%) is least likely to be more tired on New Year's Day.

New Year's Day by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Extremely tired	81 (23%)	152 (20%)	103 (22%)	99 (23%)
Somewhat tired	126 (35%)	277 (37%)	154 (33%)	155 (36%)
No more tired than usual	150 (42%)	324 (43%)	203 (44%)	179 (41%)

Respondents in the West (59%) are the most likely to be more tired on New Year's Day.

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.