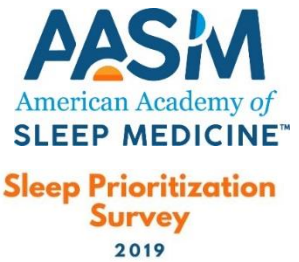


# AASM Sleep Prioritization Survey

## Tired After Traveling



### 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

When I return home from traveling, I feel:

- More tired
- The same
- More refreshed

### Results

- More than half (57%) of respondents (N=1787) said they feel more tired when returning home from traveling.

### Overall Tired After Traveling Results

	Rank
<b>Total</b>	<b>1,787 (100%)</b>
More tired	1,020 (57%)
The same	498 (28%)
More refreshed	269 (15%)

Only 15% of respondents reported feeling more refreshed after traveling.

### Tired After Traveling by Gender

	Male	Female
<b>Total</b>	<b>906</b>	<b>881</b>
More tired	469 (52%)	551 (63%)
The same	286 (32%)	212 (24%)
More refreshed	151 (17%)	118 (13%)

Women (63%) are more likely to be more tired after traveling than men (52%).

### Tired After Traveling by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>221</b>	<b>352</b>	<b>413</b>	<b>320</b>	<b>209</b>	<b>272</b>
More tired	126 (57%)	213 (61%)	246 (60%)	188 (59%)	117 (56%)	130 (48%)
The same	51 (23%)	95 (27%)	107 (26%)	84 (26%)	58 (28%)	103 (38%)
More refreshed	44 (20%)	44 (13%)	60 (15%)	48 (15%)	34 (16%)	39 (14%)

Millennials (60%) are the most likely to be more tired after traveling.

### Tired After Traveling by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	<b>161</b>	<b>580</b>	<b>565</b>	<b>422</b>	<b>59</b>
More tired	90 (56%)	349 (60%)	334 (59%)	217 (51%)	30 (51%)
The same	35 (22%)	156 (27%)	146 (26%)	141 (33%)	20 (34%)
More refreshed	36 (22%)	75 (13%)	85 (15%)	64 (15%)	9 (15%)

### Tired After Traveling by Region

	Northeast	South	Midwest	West
<b>Total</b>	<b>313</b>	<b>670</b>	<b>408</b>	<b>396</b>
More tired	169 (54%)	383 (57%)	244 (60%)	224 (57%)
The same	95 (30%)	192 (29%)	99 (24%)	112 (28%)
More refreshed	49 (16%)	95 (14%)	65 (16%)	60 (15%)

Respondents in the Midwest (60%) are the most likely to feel more tired after traveling.

### 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.