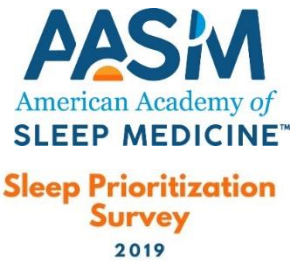


AASM Sleep Prioritization Survey World Series



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 during the World Series?

Results

- More than one-fifth (22%) of respondents reported they are more tired than usual during the World Series.
 - This includes 6% who answered “extremely tired” and 16% who answered “somewhat tired.”

Overall World Series Results

	Rank
Total	2,003 (100%)
Extremely tired	119 (6%)
Somewhat tired	313 (16%)
No more tired than usual	1,571 (78%)

Only 6% of respondents feel extremely tired during the World Series.

World Series by Gender

	Male	Female
Total	1,002	1,001
Extremely tired	92 (9%)	27 (3%)
Somewhat tired	202 (20%)	111 (11%)
No more tired than usual	708 (71%)	863 (86%)

Men (29%) are more likely to report feeling more tired than usual during the World Series than women (14%).

World Series by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Extremely tired	19 (8%)	32 (8%)	32 (7%)	23 (6%)	7 (3%)	6 (2%)
Somewhat tired	43 (17%)	61 (16%)	77 (18%)	62 (17%)	34 (14%)	36 (11%)
No more tired than usual	189 (75%)	294 (76%)	331 (75%)	280 (77%)	201 (83%)	276 (87%)

18-34 year-olds (8%) are the most likely to be extremely tired during the World Series.

World Series 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	13 (7%)	49 (8%)	44 (7%)	12 (2%)	1 (1%)
Somewhat tired	32 (18%)	104 (16%)	107 (17%)	63 (13%)	7 (10%)
No more tired than usual	134 (75%)	484 (76%)	476 (76%)	412 (85%)	65 (89%)

The Silent Generation (17%) is least likely to be more tired during the World Series.

World Series by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Extremely tired	23 (6%)	41 (5%)	28 (6%)	27 (6%)
Somewhat tired	66 (18%)	120 (16%)	63 (14%)	64 (15%)
No more tired than usual	268 (75%)	592 (79%)	369 (80%)	342 (79%)

Respondents in the Northeast (24%) are the least likely to be more tired than usual during the World Series.

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%)
- After election night in November (32%)
- The day after Labor Day (30%)

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/>).