

AASM Sleep Prioritization Survey

Sunday Scaries



Sleep Prioritization Survey
2022

Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,010 adults in the U.S. The overall margin of error fell within +/- 2 percentage points with a confidence interval of 95 percent. Fieldwork took place between Feb. 17-24, 2022. Atomik Research is an independent market research agency

Question

How often do you have a harder time falling asleep on Sunday night compared to other nights of the week (a.k.a. the Sunday scaries)?

Results

- A quarter of Americans (26%) – including a third of Gen Z (32%) and Millennials (34%) – always, almost always or often have a harder time falling asleep on Sunday nights compared to other nights of the week.

Overall Results

Total	2,010
Always or almost always	223 (11%)
Often	295 (15%)
Sometimes	608 (30%)
Rarely	472 (23%)
Never	412 (20%)

79% of Americans say they have a harder time falling asleep on a Sunday night compared to the other nights of the week.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	122 (12%)	101 (10%)
Often	151 (15%)	144 (14%)
Sometimes	285 (28%)	323 (32%)
Rarely	225 (22%)	247 (25%)
Never	219 (22%)	193 (19%)

27% of males always, almost always or often have a harder time falling asleep on Sunday night, which is 3% higher than females.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Always or almost always	39 (13%)	72 (18%)	55 (12%)	34 (10%)	19 (8%)	4 (2%)
Often	57 (19%)	82 (20%)	74 (16%)	52 (15%)	22 (9%)	8 (3%)
Sometimes	104 (34%)	128 (32%)	169 (37%)	110 (32%)	63 (26%)	34 (13%)
Rarely	57 (19%)	73 (18%)	96 (21%)	85 (25%)	74 (31%)	87 (33%)
Never	45 (15%)	46 (11%)	67 (15%)	60 (18%)	64 (26%)	130 (49%)

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	347	702	539	364	58
Always or almost always	48 (14%)	104 (15%)	56 (10%)	15 (4%)	0 (0%)
Often	63 (18%)	134 (19%)	78 (14%)	20 (5%)	0 (0%)
Sometimes	125 (36%)	234 (33%)	180 (33%)	61 (17%)	8 (14%)
Rarely	64 (18%)	138 (20%)	126 (23%)	123 (34%)	21 (36%)
Never	47 (14%)	92 (13%)	99 (18%)	145 (40%)	29 (50%)

About a third of Gen Z (32%) and Millennials (34%) always, almost always or often have a harder time falling asleep on Sunday night compared to other nights of the week.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	53 (14%)	51 (11%)	78 (11%)	41 (9%)
Often	65 (17%)	70 (15%)	83 (12%)	77 (17%)
Sometimes	111 (29%)	155 (32%)	218 (31%)	124 (28%)
Rarely	77 (20%)	121 (25%)	174 (25%)	100 (23%)
Never	76 (20%)	84 (17%)	150 (21%)	102 (23%)

80% of Americans that live in the Northeast say they have had a harder time falling asleep on Sunday night compared to other weeknights.

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/>).