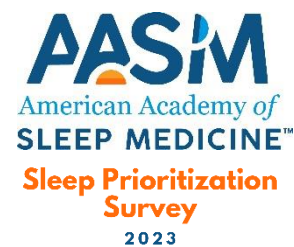


AASM Sleep Prioritization Survey

DST – Dark Mornings



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,005 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 March 24-29, 2023. Atomik Research is an independent market research agency.

Question

If permanent daylight saving time were enacted, resulting in a later sunrise throughout the winter, would you be concerned about the safety of your children when they go to school in the dark in the morning?

Results

- 64% of parents would be concerned about the safety of their children when going to school on a dark morning if permanent daylight time were enacted.

Overall Results

Total	1,003
Yes	639 (64%)
No	280 (28%)
I don't know	84 (8%)

Results by Gender

	Male	Female
Total	585	414
Yes	410 (70%)	226 (55%)
No	143 (24%)	136 (33%)
I don't know	32 (5%)	52 (13%)

70% of men would be concerned about the safety of their children when going to school on a dark morning if permanent daylight time were enacted.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	109	272	393	189	26	14
Yes	79 (72%)	169 (62%)	253 (64%)	117 (62%)	14 (54%)	7 (50%)
No	20 (18%)	81 (30%)	105 (27%)	60 (32%)	8 (31%)	6 (43%)
I don't know	10 (9%)	22 (8%)	35 (9%)	12 (6%)	4 (15%)	1 (7%)

American parents between the ages of 18-24 are most likely (72%) to be concerned about the safety of their children when going to school on a dark morning.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	143	586	253	20	1
Yes	104 (73%)	376 (64%)	148 (58%)	11 (55%)	0 (0%)
No	28 (20%)	162 (28%)	81 (32%)	8 (40%)	1 (100%)
I don't know	11 (8%)	48 (8%)	24 (9%)	1 (5%)	0 (0%)

Nearly three-fourths (73%) of parents in Generation Z would be concerned about the safety of their children if they were to go to school in the dark.

Results by Region

	Northeast	Midwest	South	West
Total	179	267	293	264
Yes	118 (66%)	146 (55%)	188 (64%)	187 (71%)
No	49 (27%)	99 (37%)	72 (25%)	60 (23%)
I don't know	12 (7%)	22 (8%)	33 (11%)	17 (6%)

71% of parents living in the West would be concerned about the safety of their children when going to school on a dark morning if permanent daylight time were enacted.

About the American Academy of Sleep Medicine

Established in 1975, the AASM advances sleep care and enhances sleep health to improve lives. The AASM has a combined membership of 12,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals who care for patients with sleep disorders. As the leader in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education and research (aasm.org).