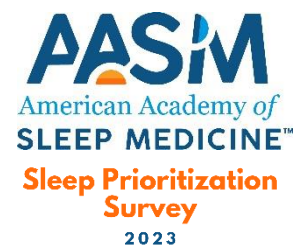


AASM Sleep Prioritization Survey

DST – Legislation



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

What should be the top factor for elected officials to consider when they discuss legislation about daylight saving time?

Results

- Americans think that public health and safety (27%) should be the top factor when considering legislation about daylight saving time.

Overall Results

Total	2005
Public health & safety	547 (27%)
Business/economics	228 (11%)
Energy consumption	379 (19%)
Public opinion	431 (21%)
None of these	129 (6%)
I don't know	291 (15%)

Results by Gender

	Male	Female
Total	997	997
Public health & safety	281 (28%)	266 (27%)
Business/economics	148 (15%)	79 (8%)
Energy consumption	214 (21%)	163 (16%)
Public opinion	203 (20%)	222 (22%)
None of these	58 (6%)	71 (7%)
I don't know	93 (9%)	196 (20%)

Men (28%) and women (27%) are likely to agree that public health and safety should be the top factor when considering legislation about daylight saving time.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Public health & safety	80 (26%)	126 (28%)	141 (26%)	94 (26%)	52 (30%)	54 (36%)
Business/economics	42 (13%)	48 (11%)	72 (13%)	47 (13%)	14 (8%)	5 (3%)
Energy consumption	47 (15%)	104 (23%)	114 (21%)	69 (19%)	31 (18%)	14 (9%)
Public opinion	81 (26%)	93 (20%)	109 (20%)	59 (16%)	38 (22%)	51 (34%)
None of these	12 (4%)	26 (6%)	41 (8%)	33 (9%)	12 (7%)	5 (3%)
I don't know	51 (16%)	59 (13%)	64 (12%)	65 (18%)	29 (16%)	23 (15%)

Americans over 65 (36%) are most likely to agree that public health & safety should be the top factor when considering legislation about daylight saving time.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	388	845	526	230	16
Public health & safety	109 (28%)	224 (27%)	129 (25%)	80 (35%)	5 (31%)
Business/economics	49 (13%)	107 (13%)	59 (11%)	12 (5%)	1 (6%)
Energy consumption	57 (15%)	189 (22%)	106 (20%)	26 (11%)	1 (6%)
Public opinion	97 (25%)	168 (20%)	96 (18%)	66 (29%)	4 (25%)
None of these	16 (4%)	59 (7%)	45 (9%)	8 (3%)	1 (6%)
I don't know	60 (15%)	98 (12%)	91 (17%)	38 (17%)	4 (25%)

Over one-third of Baby Boomers (35%) agree that public health and safety should be the top factor when considering legislation about daylight saving time, which is 10% higher than Gen X.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Public health & safety	112 (29%)	129 (27%)	182 (26%)	124 (28%)
Business/economics	40 (10%)	57 (12%)	69 (10%)	62 (14%)
Energy consumption	78 (20%)	81 (17%)	133 (19%)	87 (20%)
Public opinion	79 (21%)	109 (23%)	152 (22%)	91 (21%)
None of these	21 (5%)	38 (8%)	50 (7%)	20 (5%)
I don't Know	55 (14%)	67 (14%)	115 (16%)	54 (12%)

50% of Americans in the Northeast and Midwest agree that health and safety should be the top factor when considering legislation about daylight saving time.

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).