

# AASM Sleep Prioritization Survey

## Eliminating seasonal time changes



**Sleep Prioritization Survey**  
2023

### 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

Observing daylight saving time requires “changing the clocks” twice per year. Would you support the elimination of these seasonal time changes?

### Results

- Six in 10 (64%) Americans support eliminating seasonal time changes.

#### Overall Results

Overall Results	
<b>Total</b>	2005
Strongly support	832 (41%)
Somewhat support	444 (22%)
Neutral	520 (26%)
Somewhat oppose	105 (5%)
Strongly oppose	104 (5%)

Most Americans (89%) report that they would support or feel neutral in eliminating a seasonal time change.

#### Results by Gender

	Male	Female
<b>Total</b>	997	997
Strongly support	457 (46%)	373 (37%)
Somewhat support	224 (22%)	218 (22%)
Neutral	222 (22%)	293 (29%)
Somewhat oppose	48 (5%)	57 (6%)
Strongly oppose	46 (5%)	56 (6%)

Men (68%) are more likely than women (59%) to support the elimination of a seasonal time change.

#### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	313	456	541	367	176	152
Strongly support	82 (26%)	172 (38%)	231 (43%)	172 (47%)	84 (48%)	91 (60%)
Somewhat support	91 (29%)	114 (25%)	125 (23%)	61 (17%)	32 (18%)	21 (14%)
Neutral	105 (34%)	125 (27%)	126 (23%)	97 (26%)	45 (26%)	22 (14%)
Somewhat oppose	24 (8%)	22 (5%)	32 (6%)	15 (4%)	6 (3%)	6 (4%)
Strongly oppose	11 (4%)	23 (5%)	27 (5%)	22 (6%)	9 (5%)	12 (8%)

Americans over 65 (74%) are most likely to support the elimination of a seasonal time change.

### Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
<b>Total</b>	388	845	526	230	16
Strongly support	108 (28%)	346 (41%)	248 (47%)	122 (53%)	8 (50%)
Somewhat support	111 (29%)	205 (24%)	90 (17%)	36 (16%)	2 (13%)
Neutral	128 (33%)	208 (25%)	133 (25%)	49 (21%)	2 (13%)
Somewhat oppose	26 (7%)	45 (5%)	25 (5%)	8 (3%)	1 (6%)
Strongly oppose	15 (4%)	41 (5%)	30 (6%)	15 (7%)	3 (19%)

Over two-thirds of Baby Boomers (69%) and Millennials (65%) reported they support the elimination of a seasonal time change.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	385	481	701	438
Strongly support	135 (35%)	210 (44%)	287 (41%)	200 (46%)
Somewhat support	92 (24%)	107 (22%)	146 (21%)	99 (23%)
Neutral	119 (31%)	115 (24%)	198 (28%)	88 (20%)
Somewhat oppose	24 (6%)	20 (4%)	32 (5%)	29 (7%)
Strongly oppose	15 (4%)	29 (6%)	38 (5%)	22 (5%)

69% of Americans in the West support the elimination of a seasonal time change, compared to 59% of Americans in the Northeast.

### 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](http://aasm.org)).