

# AASM Sleep Prioritization Survey

## Olympic Tiredness



Sleep Prioritization Survey  
2024

### Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,006 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent.

Fieldwork took place between May 16 and May 24, 2024, by Atomik Research, an independent market research agency.

### Question

How tired do you typically feel during the Olympics?

### Results

- Nearly one-fourth of Americans say they are extremely or somewhat tired during the Olympics.
- Younger age groups are more likely to say they are tired during the Olympics.

### Overall Results

<b>Total</b>	<b>2,006</b>
Any tired	470 (23%)
Extremely tired	175 (9%)
Somewhat tired	295 (15%)
No more tired than usual	1,230 (61%)
I don't know	306 (15%)

Nearly one-fourth of Americans (24%) say they are extremely or somewhat tired during the Olympics.

### Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
<b>Total</b>	<b>1002</b>	<b>1001</b>	<b>1</b>	<b>2</b>
Any tired	293 (29%)	177 (18%)	1 (0%)	0 (0%)
Extremely tired	108 (11%)	67 (7%)	0 (0%)	0 (0%)
Somewhat tired	185 (18%)	110 (11%)	0 (0%)	0 (0%)
No more tired than usual	597 (60%)	631 (63%)	0 (0%)	2 (100%)
I don't know	112 (11%)	193 (19%)	1 (100%)	0 (0%)

Men (29%) are 11% more likely than women (18%) to be more tired during the Olympics.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>234</b>	<b>382</b>	<b>360</b>	<b>360</b>	<b>351</b>	<b>319</b>
Any tired	89 (38%)	132 (35%)	110 (31%)	81 (23%)	36 (10%)	22 (7%)
Extremely tired	35 (15%)	56 (15%)	38 (11%)	26 (7%)	14 (4%)	6 (2%)
Somewhat tired	54 (23%)	76 (20%)	72 (20%)	55 (15%)	22 (6%)	16 (5%)
No more tired than usual	102 (44%)	199 (52%)	191 (53%)	225 (63%)	263 (75%)	250 (78%)
I don't know	43 (18%)	51 (13%)	59 (16%)	54 (15%)	52 (15%)	47 (15%)

Younger age groups are most likely to feel tired during the Olympics. Specifically, those aged 18-24 (38%) and 25-34 (35%).

### Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
<b>Total</b>	<b>313</b>	<b>637</b>	<b>572</b>	<b>452</b>	<b>32</b>
Any tired	107 (34%)	218 (34%)	108 (19%)	36 (8%)	1 (3%)
Extremely tired	43 (14%)	85 (13%)	37 (6%)	9 (2%)	1 (3%)
Somewhat tired	64 (20%)	133 (21%)	71 (12%)	27 (6%)	0 (0%)
No more tired than usual	153 (49%)	323 (51%)	375 (66%)	350 (77%)	29 (91%)
I don't know	53 (17%)	96 (15%)	89 (16%)	66 (15%)	2 (6%)

Gen Z (34%) and Millennials (34%) are equally likely to report feeling extremely or somewhat tired during the Olympics.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>348</b>	<b>427</b>	<b>776</b>	<b>455</b>
Any tired	92 (26%)	77 (18%)	165 (21%)	136 (30%)
Extremely tired	38 (11%)	26 (6%)	61 (8%)	50 (11%)
Somewhat tired	54 (16%)	51 (12%)	104 (13%)	86 (19%)
No more tired than usual	201 (58%)	292 (68%)	485 (63%)	252 (55%)
I don't know	55 (16%)	58 (14%)	126 (16%)	67 (15%)

Nearly one-third (30%) of those in the West say they are extremely tired or somewhat tired during the Olympics.

### 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)).