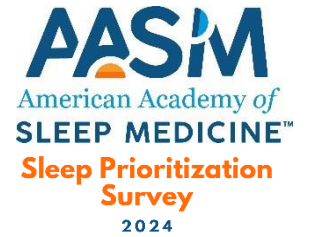


AASM Sleep Prioritization Survey

After Election Night Sleepiness



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 after election night in November?

Results

- 34% of people say they are tired after election night in November.

Overall Results

Total	2,006
Any tired	690 (34%)
Extremely tired	245 (12%)
Somewhat tired	445 (22%)
No more tired than usual	1,046 (52%)
I don't know	270 (13%)

Over half of people (52%) say they are no more tired than usual after election night in November.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Any tired	395 (39%)	293 (29%)	1 (100%)	1 (50%)
Extremely tired	148 (15%)	96 (10%)	1 (100%)	0 (0%)
Somewhat tired	247 (25%)	197 (20%)	0 (0%)	1 (50%)
No more tired than usual	509 (51%)	536 (54%)	0 (0%)	1 (50%)
I don't know	98 (10%)	172 (17%)	0 (0%)	0 (0%)

Males (25%) are more likely than females (20%) to report being somewhat tired after election night in November.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Any tired	104 (44%)	164 (43%)	141 (39%)	116 (32%)	89 (25%)	76 (24%)
Extremely tired	38 (16%)	72 (19%)	54 (15%)	34 (9%)	31 (9%)	16 (5%)
Somewhat tired	66 (28%)	92 (24%)	87 (24%)	82 (23%)	58 (17%)	60 (19%)
No more tired than usual	87 (37%)	171 (45%)	169 (47%)	201 (56%)	213 (61%)	205 (64%)
I don't know	43 (18%)	47 (12%)	50 (14%)	43 (12%)	49 (14%)	38 (12%)

Respondents 18-24 (44%) are most likely to report being tired after election night in November.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	313	637	572	452	32
Any tired	132 (42%)	269 (42%)	173 (30%)	107 (24%)	9 (28%)
Extremely tired	50 (16%)	112 (18%)	55 (10%)	24 (5%)	4 (13%)
Somewhat tired	82 (26%)	157 (25%)	118 (21%)	83 (18%)	5 (16%)
No more tired than usual	128 (41%)	285 (45%)	322 (56%)	291 (64%)	20 (63%)
I don't know	53 (17%)	83 (13%)	77 (13%)	54 (12%)	3 (9%)

Millennials (18%) are most likely to report being extremely tired after election night in November.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Any tired	134 (39%)	126 (30%)	246 (32%)	184 (40%)
Extremely tired	50 (14%)	43 (10%)	85 (11%)	67 (15%)
Somewhat tired	84 (24%)	83 (19%)	161 (21%)	117 (26%)
No more tired than usual	165 (47%)	242 (57%)	417 (54%)	222 (49%)
I don't know	49 (14%)	59 (14%)	113 (15%)	49 (11%)

Respondents in the Northeast (39%) are most likely to report being tired after election night in November.

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).