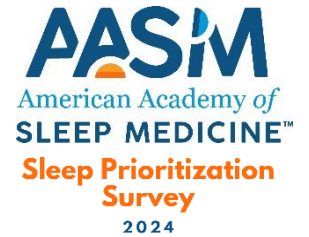


AASM Sleep Prioritization Survey

World Series Weariness



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 World Series?

Results

- Over a fourth (26%) of Americans say they typically feel tired during the World Series.
- Men (33%) are 14% more likely to feel tired during the World Series than women (19%).

Overall Results

Total	2,006 (100%)
Any tired	523 (26%)
Extremely tired	200 (10%)
Somewhat tired	323 (16%)
No more tired than usual	1,199 (60%)
I don't know	284 (14%)

Over one-fourth (26%) of Americans say they typically feel tired during the World Series.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Any tired	330 (33%)	193 (19%)	0 (0%)	0 (0%)
Extremely tired	125 (12%)	75 (7%)	0 (0%)	0 (0%)
Somewhat tired	205 (20%)	118 (12%)	0 (0%)	0 (0%)
No more tired than usual	584 (58%)	613 (61%)	0 (0%)	2 (100%)
I don't know	88 (9%)	195 (19%)	1 (100%)	0 (0%)

Men (33%) are more likely than women (19%) to feel tired during the World Series.

Americans 18-24 (41%) are most likely to feel tired during the World Series.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Any tired	97 (41%)	147 (38%)	117 (33%)	96 (27%)	44 (13%)	22 (7%)
Extremely tired	40 (17%)	63 (16%)	43 (12%)	29 (8%)	18 (5%)	7 (2%)
Somewhat tired	57 (24%)	84 (22%)	74 (21%)	67 (19%)	26 (7%)	15 (5%)
No more tired than usual	92 (39%)	196 (51%)	189 (53%)	213 (59%)	254 (72%)	255 (80%)
I don't know	45 (19%)	39 (10%)	54 (15%)	51 (14%)	53 (15%)	42 (13%)

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	120 (38%)	235 (37%)	129 (23%)	38 (8%)	1 (3%)
Extremely tired	52 (17%)	91 (14%)	45 (8%)	11 (2%)	1 (3%)
Somewhat tired	68 (22%)	144 (23%)	84 (15%)	27 (6%)	0 (0%)
No more tired than usual	139 (44%)	323 (51%)	358 (63%)	351 (78%)	28 (88%)
I don't know	54 (17%)	79 (12%)	85 (15%)	63 (14%)	3 (9%)

Gen Z (17%) is most likely to feel extremely tired during the World Series.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Any tired	102 (29%)	89 (21%)	192 (25%)	140 (31%)
Extremely tired	40 (11%)	31 (7%)	76 (10%)	53 (12%)
Somewhat tired	62 (18%)	58 (14%)	116 (15%)	87 (19%)
No more tired than usual	197 (57%)	282 (66%)	454 (59%)	266 (58%)
I don't know	49 (14%)	56 (13%)	130 (17%)	49 (11%)

Americans in the Midwest (21%) are least likely to feel tired during the World Series.

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).