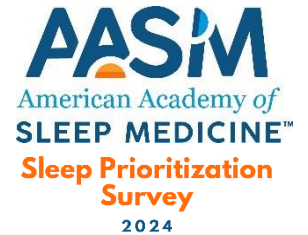


# AASM Sleep Prioritization Survey

## Tired for the Holidays – Back to work



### 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 on the first day back to work in January?

### Results

- 42% of people say they are extremely or somewhat tired on the first day back to work in January.

### Overall Results

<b>Total</b>	<b>2,006</b>
Any tired	841 (42%)
Extremely tired	321 (16%)
Somewhat tired	520 (26%)
No more tired than usual	914 (46%)
I don't know	251 (13%)

46% of people say they are no more tired than usual on the first day back to work in January.

### Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
<b>Total</b>	<b>1,002</b>	<b>1,001</b>	<b>1</b>	<b>2</b>
Any tired	488 (49%)	351 (35%)	0 (0%)	2 (100%)
Extremely tired	181 (18%)	140 (14%)	0 (0%)	0 (0%)
Somewhat tired	307 (31%)	211 (21%)	0 (0%)	2 (100%)
No more tired than usual	437 (44%)	476 (48%)	1 (100%)	0 (0%)
I don't know	77 (8%)	174 (17%)	0 (0%)	0 (0%)

Males (49%) are most likely to say they are extremely or somewhat tired on the first day back to work in January.

### 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	136 (58%)	224 (59%)	188 (52%)	156 (43%)	98 (28%)	39 (12%)
Extremely tired	69 (29%)	93 (24%)	68 (19%)	57 (16%)	26 (7%)	8 (3%)
Somewhat tired	67 (29%)	131 (34%)	120 (33%)	99 (28%)	72 (21%)	31 (10%)
No more tired than usual	71 (30%)	127 (33%)	138 (38%)	167 (46%)	198 (56%)	213 (67%)
I don't know	27 (12%)	31 (8%)	34 (9%)	37 (10%)	55 (16%)	67 (21%)

Respondents 18-24 (58%) and 25-34 (59%) are most likely to say they are extremely or somewhat tired on the first day back to work in January.

### 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	177 (57%)	361 (57%)	225 (39%)	77 (17%)	1 (3%)
Extremely tired	88 (28%)	138 (22%)	76 (13%)	18 (4%)	1 (3%)
Somewhat tired	89 (28%)	223 (35%)	149 (26%)	59 (13%)	0 (0%)
No more tired than usual	102 (33%)	224 (35%)	275 (48%)	288 (64%)	25 (78%)
I don't know	34 (11%)	52 (8%)	72 (13%)	87 (19%)	6 (19%)

Gen Z and Millennials (57%) are most likely to say they are extremely or somewhat tired on the first day back to work in January.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>348</b>	<b>427</b>	<b>776</b>	<b>455</b>
Any tired	159 (46%)	160 (37%)	300 (39%)	222 (49%)
Extremely tired	64 (18%)	61 (14%)	116 (15%)	80 (18%)
Somewhat tired	95 (27%)	99 (23%)	184 (24%)	142 (31%)
No more tired than usual	142 (41%)	212 (50%)	370 (48%)	190 (42%)
I don't know	47 (14%)	55 (13%)	106 (14%)	43 (9%)

Respondents in the West (49%) are most likely to say they are extremely or somewhat tired on the first day back to work in January.

### 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)).