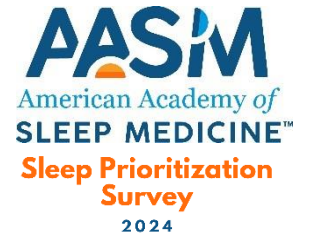


AASM Sleep Prioritization Survey

Tired for the Holidays – During the holiday season



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 holiday season?

Results

- 55% of people say they are extremely or somewhat tired during the holiday season.

Overall Results

Total	2,006
Any tired	1,097 (55%)
Extremely tired	351 (17%)
Somewhat tired	746 (37%)
No more tired than usual	795 (40%)
I don't know	114 (6%)

17% of people say they are extremely tired during the holiday season.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Any tired	536 (53%)	559 (56%)	0 (0%)	2 (100%)
Extremely tired	176 (18%)	175 (17%)	0 (0%)	0 (0%)
Somewhat tired	360 (36%)	384 (38%)	0 (0%)	2 (100%)
No more tired than usual	419 (42%)	376 (38%)	0 (0%)	0 (0%)
I don't know	47 (5%)	66 (7%)	1 (100%)	0 (0%)

Females (56%) are most likely to say they are extremely or somewhat tired during the holiday season.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Any tired	146 (62%)	250 (65%)	221 (61%)	199 (55%)	174 (50%)	107 (34%)
Extremely tired	61 (26%)	94 (25%)	72 (20%)	66 (18%)	45 (13%)	13 (4%)
Somewhat tired	85 (36%)	156 (41%)	149 (41%)	133 (37%)	129 (37%)	94 (29%)
No more tired than usual	67 (29%)	113 (30%)	116 (32%)	140 (39%)	164 (47%)	195 (61%)
I don't know	21 (9%)	19 (5%)	23 (6%)	21 (6%)	13 (4%)	17 (5%)

Respondents 25-34 (65%) are most likely to say they are extremely or somewhat tired during the holiday season.

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	194 (62%)	406 (64%)	314 (55%)	174 (38%)	9 (28%)
Extremely tired	76 (24%)	144 (23%)	99 (17%)	31 (7%)	1 (3%)
Somewhat tired	118 (38%)	262 (41%)	215 (38%)	143 (32%)	8 (25%)
No more tired than usual	94 (30%)	195 (31%)	228 (40%)	255 (56%)	23 (72%)
I don't know	25 (8%)	36 (6%)	30 (5%)	23 (5%)	0 (0%)

Gen Z (62%) and Millennials (64%) are most likely to say they are extremely or somewhat tired during the holiday season.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Any tired	207 (59%)	231 (54%)	392 (51%)	267 (59%)
Extremely tired	69 (20%)	64 (15%)	130 (17%)	88 (19%)
Somewhat tired	138 (40%)	167 (39%)	262 (34%)	179 (39%)
No more tired than usual	117 (34%)	175 (41%)	333 (43%)	170 (37%)
I don't know	24 (7%)	21 (5%)	51 (7%)	18 (4%)

Respondents in the South say they are extremely or somewhat tired during the holiday season.

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).