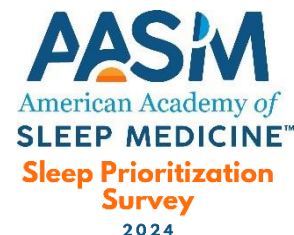


AASM Sleep Prioritization Survey

Tired for the Holidays – New Year’s Day



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 New Year’s Day?

Results

- 46% of people say they are extremely or somewhat tired on New Year's Day

Overall Results

Total	2,006
Any tired	926 (46%)
Extremely tired	329 (16%)
Somewhat tired	597 (30%)
No more tired than usual	929 (46%)
I don't know	151 (8%)

Nearly one half (46%) of people say they are no more tired than usual on New Year's Day.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Any tired	510 (51%)	414 (41%)	0 (0%)	2 (100%)
Extremely tired	184 (18%)	145 (14%)	0 (0%)	0 (0%)
Somewhat tired	326 (33%)	269 (27%)	0 (0%)	2 (100%)
No more tired than usual	439 (44%)	489 (49%)	1 (100%)	0 (0%)
I don't know	53 (5%)	98 (10%)	0 (0%)	0 (0%)

Men (51%) are more likely than women (41%) to say they are extremely or somewhat tired on New Year's Day.

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%)	218 (57%)	193 (54%)	168 (47%)	126 (36%)	75 (24%)
Extremely tired	63 (27%)	92 (24%)	66 (18%)	55 (15%)	38 (11%)	15 (5%)
Somewhat tired	83 (35%)	126 (33%)	127 (35%)	113 (31%)	88 (25%)	60 (19%)
No more tired than usual	66 (28%)	140 (37%)	139 (39%)	170 (47%)	197 (56%)	217 (68%)
I don't know	22 (9%)	24 (6%)	28 (8%)	22 (6%)	28 (8%)	27 (8%)

Respondents 18-24 (62%) are most likely to say they are extremely or somewhat tired on New Year's Day.

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	185 (59%)	358 (56%)	253 (44%)	126 (28%)	4 (13%)
Extremely tired	80 (26%)	136 (21%)	85 (15%)	27 (6%)	1 (3%)
Somewhat tired	105 (34%)	222 (35%)	168 (29%)	99 (22%)	3 (9%)
No more tired than usual	100 (32%)	236 (37%)	279 (49%)	289 (64%)	25 (78%)
I don't know	28 (9%)	43 (7%)	40 (13%)	37 (8%)	3 (9%)

Millennials (35%) are most likely to say they are somewhat tired on New Year's Day.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Any tired	171 (49%)	191 (45%)	335 (43%)	229 (50%)
Extremely tired	64 (18%)	65 (15%)	125 (16%)	75 (16%)
Somewhat tired	107 (31%)	126 (30%)	210 (27%)	154 (34%)
No more tired than usual	147 (42%)	204 (48%)	379 (49%)	199 (44%)
I don't know	30 (9%)	32 (7%)	62 (8%)	27 (6%)

People in the West (50%) are most likely to say they are extremely or somewhat tired on New Year's Day.

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).