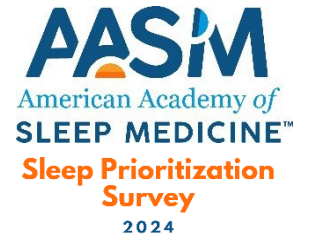


AASM Sleep Prioritization Survey

Super Sleep Deprived



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 the Monday after the Super Bowl?

Results

- 37% of people say they are extremely or somewhat tired the Monday after the Super Bowl.

Overall Results

Total	2,006
Any tired	745 (37%)
Extremely tired	261 (13%)
Somewhat tired	484 (24%)
No more tired than usual	1,050 (52%)
I don't know	211 (11%)

Most Americans (52%) say they are no more tired than usual the Monday after the Super Bowl.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Any tired	455 (45%)	290 (29%)	0 (0%)	0 (0%)
Extremely tired	164 (16%)	97 (10%)	0 (0%)	0 (0%)
Somewhat tired	291 (29%)	193 (19%)	0 (0%)	0 (0%)
No more tired than usual	480 (48%)	567 (57%)	1 (100%)	2 (100%)
I don't know	67 (7%)	144 (14%)	0 (0%)	0 (0%)

Men (16%) and Women (10%) say they are extremely tired the Monday after the Super Bowl.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Any tired	117 (50%)	184 (48%)	149 (41%)	146 (41%)	96 (27%)	53 (17%)
Extremely tired	41 (18%)	74 (19%)	51 (14%)	52 (14%)	30 (9%)	13 (4%)
Somewhat tired	76 (32%)	110 (29%)	98 (27%)	94 (26%)	66 (19%)	40 (13%)
No more tired than usual	84 (36%)	169 (44%)	170 (47%)	174 (48%)	222 (63%)	231 (72%)
I don't know	33 (14%)	29 (8%)	41 (11%)	40 (11%)	33 (9%)	35 (11%)

People 18-24 (50%) and 25-34 (48%) are most likely to say they are extremely or somewhat tired the Monday after the Super Bowl.

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	149 (48%)	292 (46%)	209 (37%)	94 (21%)	1 (3%)
Extremely tired	52 (17%)	110 (17%)	75 (13%)	23 (5%)	1 (3%)
Somewhat tired	97 (31%)	182 (29%)	134 (23%)	71 (16%)	0 (0%)
No more tired than usual	127 (41%)	283 (44%)	300 (52%)	311 (69%)	29 (91%)
I don't know	37 (12%)	62 (10%)	63 (11%)	47 (10%)	2 (6%)

Gen Z (48%) is most likely to say they are extremely or somewhat tired the Monday after the Super Bowl.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Any tired	142 (41%)	148 (35%)	260 (34%)	195 (43%)
Extremely tired	44 (13%)	52 (12%)	93 (12%)	72 (16%)
Somewhat tired	98 (28%)	96 (22%)	167 (22%)	123 (27%)
No more tired than usual	164 (47%)	238 (56%)	428 (55%)	220 (48%)
I don't know	42 (12%)	41 (10%)	88 (11%)	40 (9%)

People in the Midwest (35%) are most likely to say they are extremely or somewhat tired the Monday after the Super Bowl.

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).