

AASM Sleep Prioritization Survey

Sunday Scaries



**Sleep Prioritization
Survey**
2022

Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,010 adults in the U.S. The overall margin of error fell within +/- 2 percentage points with a confidence interval of 95 percent. Fieldwork took place between Feb. 17-24, 2022. Atomik Research is an independent market research agency

Question

How often do you have a harder time falling asleep on Sunday night compared to other nights of the week (a.k.a. the Sunday scaries)?

Results

- A quarter of Americans (26%) – including a third of Gen Z (32%) and Millennials (34%) – always, almost always or often have a harder time falling asleep on Sunday nights compared to other nights of the week.

Overall Results

| Total | 2,010 |
|-------------------------|-----------|
| Always or almost always | 223 (11%) |
| Often | 295 (15%) |
| Sometimes | 608 (30%) |
| Rarely | 472 (23%) |
| Never | 412 (20%) |

79% of Americans say they have a harder time falling asleep on a Sunday night compared to the other nights of the week.

Results by Gender

| | Male | Female |
|-------------------------|-----------|-----------|
| Total | 1,002 | 1,008 |
| Always or almost always | 122 (12%) | 101 (10%) |
| Often | 151 (15%) | 144 (14%) |
| Sometimes | 285 (28%) | 323 (32%) |
| Rarely | 225 (22%) | 247 (25%) |
| Never | 219 (22%) | 193 (19%) |

27% of males always, almost always or often have a harder time falling asleep on Sunday night, which is 3% higher than females.

Results by Age Group

| | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ |
|-------------------------|-----------|-----------|-----------|-----------|----------|-----------|
| Total | 302 | 401 | 461 | 341 | 242 | 263 |
| Always or almost always | 39 (13%) | 72 (18%) | 55 (12%) | 34 (10%) | 19 (8%) | 4 (2%) |
| Often | 57 (19%) | 82 (20%) | 74 (16%) | 52 (15%) | 22 (9%) | 8 (3%) |
| Sometimes | 104 (34%) | 128 (32%) | 169 (37%) | 110 (32%) | 63 (26%) | 34 (13%) |
| Rarely | 57 (19%) | 73 (18%) | 96 (21%) | 85 (25%) | 74 (31%) | 87 (33%) |
| Never | 45 (15%) | 46 (11%) | 67 (15%) | 60 (18%) | 64 (26%) | 130 (49%) |

Results by Generation

| | Gen Z (18-25) | Millennial (26-41) | Gen X (42-57) | Baby Boomer (58-75) | Silent Generation (76+) |
|----------------------------|------------------|-----------------------|------------------|---------------------------|-------------------------------|
| Total | 347 | 702 | 539 | 364 | 58 |
| Always or almost always | 48 (14%) | 104 (15%) | 56 (10%) | 15 (4%) | 0 (0%) |
| Often | 63 (18%) | 134 (19%) | 78 (14%) | 20 (5%) | 0 (0%) |
| Sometimes | 125 (36%) | 234 (33%) | 180 (33%) | 61 (17%) | 8 (14%) |
| Rarely | 64 (18%) | 138 (20%) | 126 (23%) | 123 (34%) | 21 (36%) |
| Never | 47 (14%) | 92 (13%) | 99 (18%) | 145 (40%) | 29 (50%) |

About a third of Gen Z (32%) and Millennials (34%) always, almost always or often have a harder time falling asleep on Sunday night compared to other nights of the week.

Results by Region

| | Northeast | Midwest | South | West |
|----------------------------|-----------|-----------|-----------|-----------|
| Total | 382 | 481 | 703 | 444 |
| Always or almost always | 53 (14%) | 51 (11%) | 78 (11%) | 41 (9%) |
| Often | 65 (17%) | 70 (15%) | 83 (12%) | 77 (17%) |
| Sometimes | 111 (29%) | 155 (32%) | 218 (31%) | 124 (28%) |
| Rarely | 77 (20%) | 121 (25%) | 174 (25%) | 100 (23%) |
| Never | 76 (20%) | 84 (17%) | 150 (21%) | 102 (23%) |

80% of Americans that live in the Northeast say they have had a harder time falling asleep on Sunday night compared to other weeknights.

About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine (AASM) is advancing sleep care and enhancing sleep health to improve lives. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals (<https://aasm.org/>).