NATIONAL SLEEP FOUNDATION

2011 *Sleep in America*® Poll
Communications Technology in the Bedroom

Summary of Findings

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MARKET RESEARCH

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The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey of Americans regarding their sleep habits – the NSF 2011 *Sleep in America*® poll.

The primary objectives of this research were to answer the following questions:

1. To compare the sleep habits, including wake and bed time routines, across different age groups.

2. To measure the impact of the presence and usage of technology on sleep and compare them across different age groups.

3. To compare coping measures of inadequate sleep across different age groups.

4. To measure how often people experience sleep problems/disorders.

5. To measure how school and work schedules, among other factors, impact sleep.

6. To investigate how daytime sleepiness affects people's lifestyles.

NSF wishes to acknowledge the volunteer work of the members of its 2011 Poll Task Force:

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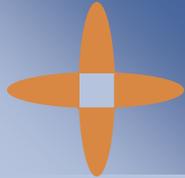
A total of 1,508 surveys were conducted among a sample of Americans in order to collect the information to fulfill the objectives previously cited. Specifically, a total of 750 telephone interviews were conducted among a sample of Americans. Understanding that sampling by telephone tends to over-represent older populations, a total of 758 Web surveys were completed among a panel of Americans with the same qualifications to yield a more accurate representation of the U.S. population by age.

In order to qualify for this study, respondents had to be between the ages of 13-64. All individuals surveyed resided in the United States. The phone survey averaged 18.0 minutes in length. In recognition of the appropriateness and sensitivity of some questions – especially to young respondents – not all questions were posed to all age groups.

A nationally representative sample of telephone numbers was purchased from SDR Consulting, Inc., using random, listed and cell phone sample. The cell phone sample included only random digit dialing (RDD) sample nationally. The sample targeted those between 13 and 64 years of age. For the Web surveys, an E-Rewards online panel of Americans was used.

Professional interviewers called from WB&A's telephone interviewing facilities located in Crofton, Maryland and Ithaca, New York. Most of the telephone interviewing was conducted on weekdays between 5:00 pm and 9:00 pm, Saturdays between 10:00 am and 2:00 pm, and Sundays between 4:00 pm and 8:00 pm. The remaining telephone interviews were conducted on weekdays between 9:00 am and 5:00 pm. The online surveys were completed over the same range of dates as the telephone surveys. The total number of completed surveys by telephone and by Web is shown in the table below.

Completed Surveys			
	Phone	Web	Total
Age Group			
Generation Z'ers	58	113	**171**
Generation Y'ers	71	161	**293**
Generation X'ers	268	201	**469**
Baby Boomers	353	294	575
TOTAL	**750**	**758**	**1,508**

In survey research, the entire population is typically not interviewed, but rather a sample of that population is polled. Therefore, the data are subject to sampling error. The maximum sampling error of the data for the total sample of 1,508 interviews is ±2.5 percentage points at the 95% confidence level. The sampling error will vary depending on the sample size and the percentages being examined in the sample. For more detail on the sampling error, please see the Appendix.
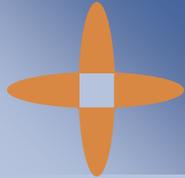
Upon completion, interviews were edited, coded, keypunched, and the data were then computer cross-tabulated. The telephone survey and Web survey data were combined. All of the study percentages have been rounded to the nearest whole percentage.

The National Sleep Foundation has conducted the *Sleep in America*® poll annually since 1991. The poll is representative of the U.S. population with the primary focus of this year's poll to evaluate the relation between sleep and electronic communications devices. Due to a heightened interest in the intensity and type of communications technology used by different age cohorts, an adequate number of surveys were conducted and then weighted to be representative of four distinct age groups: *generation Z'ers* (ages 13-18), *generation Y'ers* (ages 19-29), *generation X'ers* (ages 30-45) and *baby boomers* (ages 46-64).

Notes when reading this report:

✦ In an effort to eliminate the known impact of age on the study results, the data were weighted based on age. Each age group was weighted to be comparable to overall U.S. Census data (2009 estimates). The table below shows the weighted proportions of each age group by phone survey and by Web survey.

| Age Group		
	Phone	**Web**
n =	(750)	(758)
Generation Z'ers (age 13-18)	11%	11%
Generation Y'ers (age 19-29)	21%	21%
Generation X'ers (age 30-45)	29%	29%
Baby Boomers (age 46-64)	39%	39%
Mean (in years)	*38.9*	*39.0*
Median (in years)	*41.0*	*40.0*

✦ Percentages may not add up to 100% due to rounding.
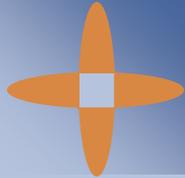
✦ All surveys were conducted with the respondents themselves. A sample of cell phones was included with landline telephones in an attempt to reach cell phone-only households.

✦ Significant differences at the 95% confidence level are shown between subgroups of the Total Sample through the use of letters. For example, if a significant difference was found between those aged 13-18 and those aged 19-29, there would be a "B" with the percentage if those aged 13-18 were found to be significantly more likely to have given that survey answer. Likewise, there would be a "C" with the percentage if those aged 19-29 were found to be significantly more likely to have given that survey answer.

✦ Throughout this report, certain tables and charts contain what are referred to as "nets." Nets are the percentage of respondents who share similar characteristics. For example, a net might represent the percentage of respondents who cite any comments relating to sleep aids (either prescription or over-the-counter). On questions which allow multiple responses, the net may be a smaller percentage than the sum of the comments included in the net. This is because the net represents the proportion of <u>respondents</u> who made any of the included comments, not the proportion of <u>responses</u>.

✦ The National Sleep Foundation recommends that researchers and writers citing the Sleep in America poll use the National Library of Medicine Recommended Formats for Bibliographic Citation as follows:

> National Sleep Foundation. 2011 Sleep in America Poll: Communications Technology and Sleep. Washington (DC): The Foundation; 2011 Mar 7. Available from: http:www.sleepfoundation.org/2011poll

What follows is a summary of the results of this research.
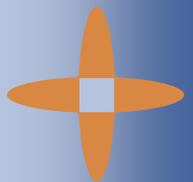
Key Findings
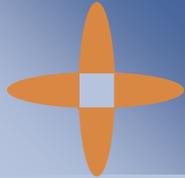
Key Findings

Cell Phone/Texting

About four in ten Americans (39%) are bringing their cell phones into their bedrooms and using them when they are trying to go to sleep, with those under the age of 30 being particularly likely to do so (72% 13-18 year olds and 67% 19-29 year olds). This allows them to engage in activities and interact with others on their cell phones. Specifically, texting is very popular in the hour before trying to go to sleep (21% every night/almost every night), again particularly among those under the age of 30 (56% 13-18 year olds and 42% 19-29 year olds).

Activities Performed in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Every night/Almost every night n=	(1,508)	(171)	(293)	(469)	(575)
Send, read or receive text messages	21	56$_{CDE}$	42$_{DE}$	15$_{E}$	5

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q19

Texting in this hour seems to be related to not getting good and/or enough sleep. Specifically, those who text in the hour before trying to go to sleep at least a few nights a week were found to be:

✦ *Less* likely to report getting a good night's sleep (51% every/almost every weeknight vs. 60% less often);

✦ More likely to wake up feeling un-refreshed (67% at least a few nights a week vs. 58% less often);

✦ More likely to be categorized as "sleepy" on the Epworth Sleepiness Scale (17% vs. 10% "normal"); and

✦ More likely to drive drowsy (63% ever vs. 47% never).
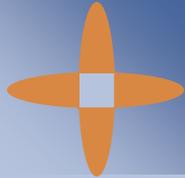
Cell Phone/Texting (continued)

Bringing their cell phones into the bedroom is not only affecting their behavior *before* sleep, but about one-fourth of Americans (22%) are leaving their cell phone ringers on when they are ready to go to sleep instead of turning their phones off or on silent or vibrate. Consequently, one in ten Americans (10%) are being awakened at least a few nights a week in the middle of their sleep by phone calls, text messages or emails on their cell phones, even more so among those under the age of 30 (18% 13-18 year olds and 20% 19-29 year olds vs. 11% 30-45 year olds and 3% 46-64 year olds).
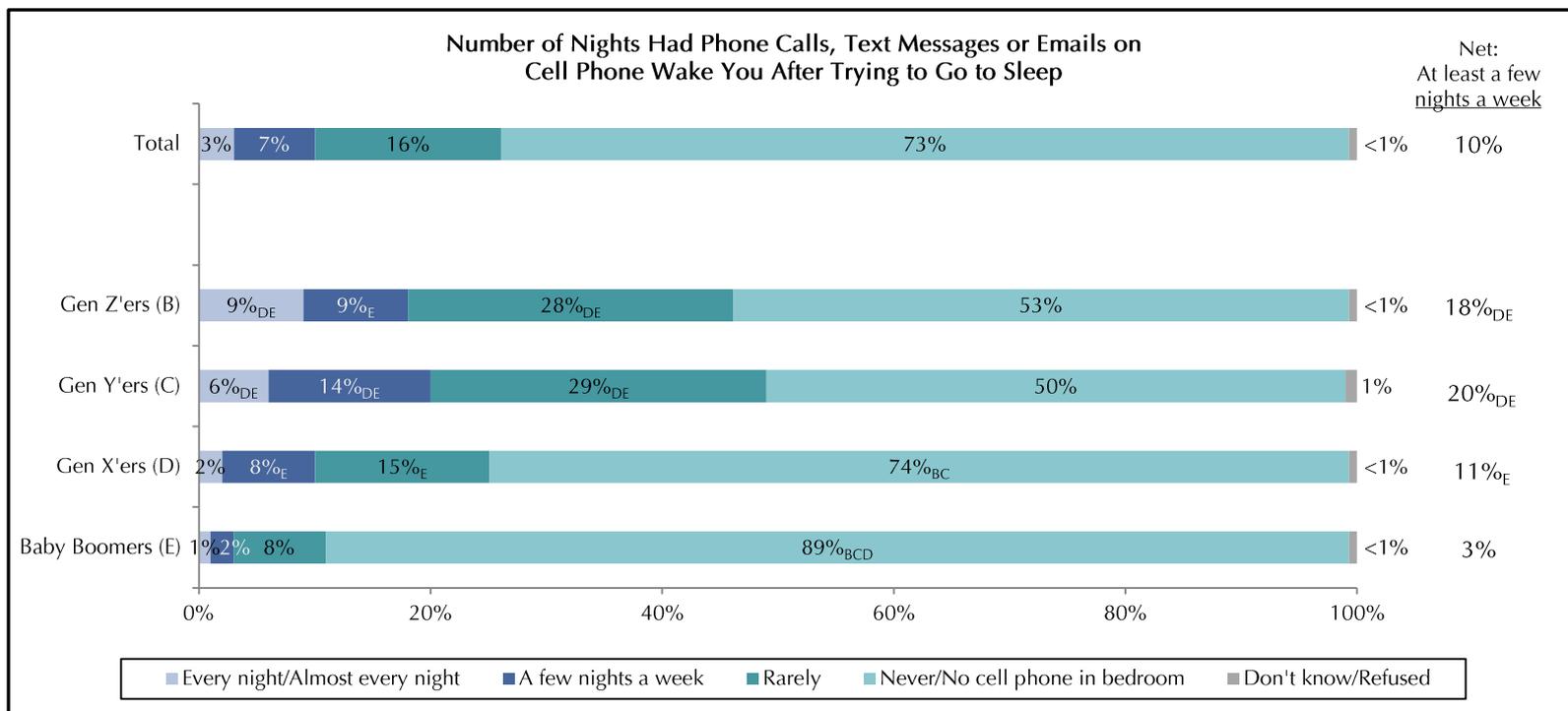
Number of Nights Had Phone Calls, Text Messages or Emails on Cell Phone Wake You After Trying to Go to Sleep

Net: At least a few nights a week

	Every night/Almost every night	A few nights a week	Rarely	Never/No cell phone in bedroom	Don't know/Refused	Net
Total	3%	7%	16%	73%	<1%	10%
Gen Z'ers (B)	9%DE	9%E	28%DE	53%	<1%	18%DE
Gen Y'ers (C)	6%DE	14%DE	29%DE	50%	1%	20%DE
Gen X'ers (D)	2%	8%E	15%E	74%BC	<1%	11%E
Baby Boomers (E)	1%	2%	8%	89%BCD	<1%	3%

Base= Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q25

8

Computer/Laptop

Roughly six in ten Americans (61%) are using their computers or laptops regularly (at least a few nights a week) within the hour of trying to go to sleep. Even more surprisingly, while one-fourth (25%) are using their computers or laptops in places other than their bedrooms in that hour, more than one-third (36%) are using them in their bedrooms.

✦ The research shows that Americans under the age of 30 – who happen to use their computers and laptops more often than their older counterparts in the hour before trying to go to sleep (77% 13-18 year olds and 73% 19-29 year olds vs. 59% 30-45 year olds and 51% 46-64 year olds) – are much more likely to do the following activities on their computers or laptops in that hour at least a few nights a week: get on the Internet, use a social networking site, watch video, use a word-processing or spreadsheet software, listen to music and/or instant message or Skype.

Functions Performed in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
At least a few nights a week n=	(1,508)	(171)	(293)	(469)	(575)
Get on the Internet on computer or laptop	53	71 $_{DE}$	70 $_{DE}$	50 $_E$	42
Use a social networking site	38	70 $_{DE}$	63 $_{DE}$	34 $_E$	18
Send or receive email on computer or laptop	37	39	42 $_E$	38 $_E$	32
Watch video on computer or laptop	20	47 $_{DE}$	40 $_{DE}$	15 $_E$	6
Use a word-processing or spreadsheet software (Word, Excel, etc.) on computer or laptop	20	36 $_{DE}$	31 $_{DE}$	17 $_E$	12
Listen to music on computer or laptop	19	59 $_{CDE}$	35 $_{DE}$	12 $_E$	4
Instant message or Skype on computer or laptop	13	34 $_{CDE}$	24 $_{DE}$	8 $_E$	4

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q20f/Q28

✦ Importantly, this research shows that people who regularly use their computers or laptops in their bedrooms in the hour before trying to go to sleep are *less* likely to report getting a good night's sleep (50% every/almost every weeknight vs. 60% less often), more likely to be categorized as "sleepy" on the ESS (16% vs. 11% "normal") and more likely to drive drowsy (56% ever vs. 50% never) than their counterparts.

Coping

One way Americans seem to be coping with feeling tired is by consuming caffeine. And while those under the age of 30 are less likely to be consuming caffeinated beverages than their older counterparts (60% 13-18 year olds and 67% 19-29 year olds), caffeine consumption seems to be prevalent across all ages, with about three-fourths of Americans (74%) consuming at least one beverage each weekday, on average.

Number of Caffeinated Beverages Consumed on Average Workday/Weekday/School Day					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any beverages	74%	60%	67%	78%$_{BC}$	78%$_{BC}$
1 beverage	15	13	18	15	15
2 beverages	18	19	17	20	18
3 beverages	13	7	10	15$_{BC}$	14$_B$
4-6 beverages	18	12	14	18$_B$	23$_{BC}$
6-10 beverages	9	6	7	10	11$_B$
More than 10 beverages	4	7	3	4	3
None	25	33$_{DE}$	32$_{DE}$	21	21
Don't know/Refused	2	7$_{CDE}$	<1	1	1
Average (# of beverages)	3.1	3.1	2.7	3.5	3.0

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q14

✦ Despite the wide consumption of caffeine among Americans, there does not seem to be a link between either the amount of caffeine beverages they consume or if they consume any of these beverages after 5:00 PM and getting a good night's sleep or getting more sleep.

Coping (continued)

Americans also cope by napping, as almost one-half (44%) are napping on weekdays or on weekends.

✦ Notably, about one-half of 13-18 year olds (53%) are napping on weekdays to cope with their lack of sleep. However, as they tend to "catch up" and get more sleep on weekends, only one-third (33%) nap on weekends.

| Napping					
				Age Group	
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Napping on Workdays/Weekdays/School Days	44%	53%$_{DE}$	52%$_{DE}$	38%	41%
Average # of naps taken	*1.4*	*1.9$_{DE}$*	*1.8$_{DE}$*	*1.0*	*1.4$_{D}$*
Napping on Non-Workdays/Weekends/Non-School Days	44%	33%	41%	46%$_{B}$	47%$_{B}$
Average # of naps taken	*1.0*	*1.0*	*0.9*	*0.9*	*1.1*

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q14

The high proportion of Americans napping on weekdays may be a reflection of their poor sleep as they are more likely to be categorized on the Epworth Sleepiness Scale as "sleepy" (19% vs. 8% "normal") and to have driven drowsy (59% ever vs. 48% never).

Driving Drowsy

An alarming proportion of drivers (52% ever) are reporting that they have driven drowsy. In fact, almost two-thirds of 19-29 years olds who drive (66%) admitted to having driven drowsy, with one-half doing so in the past month (50%).
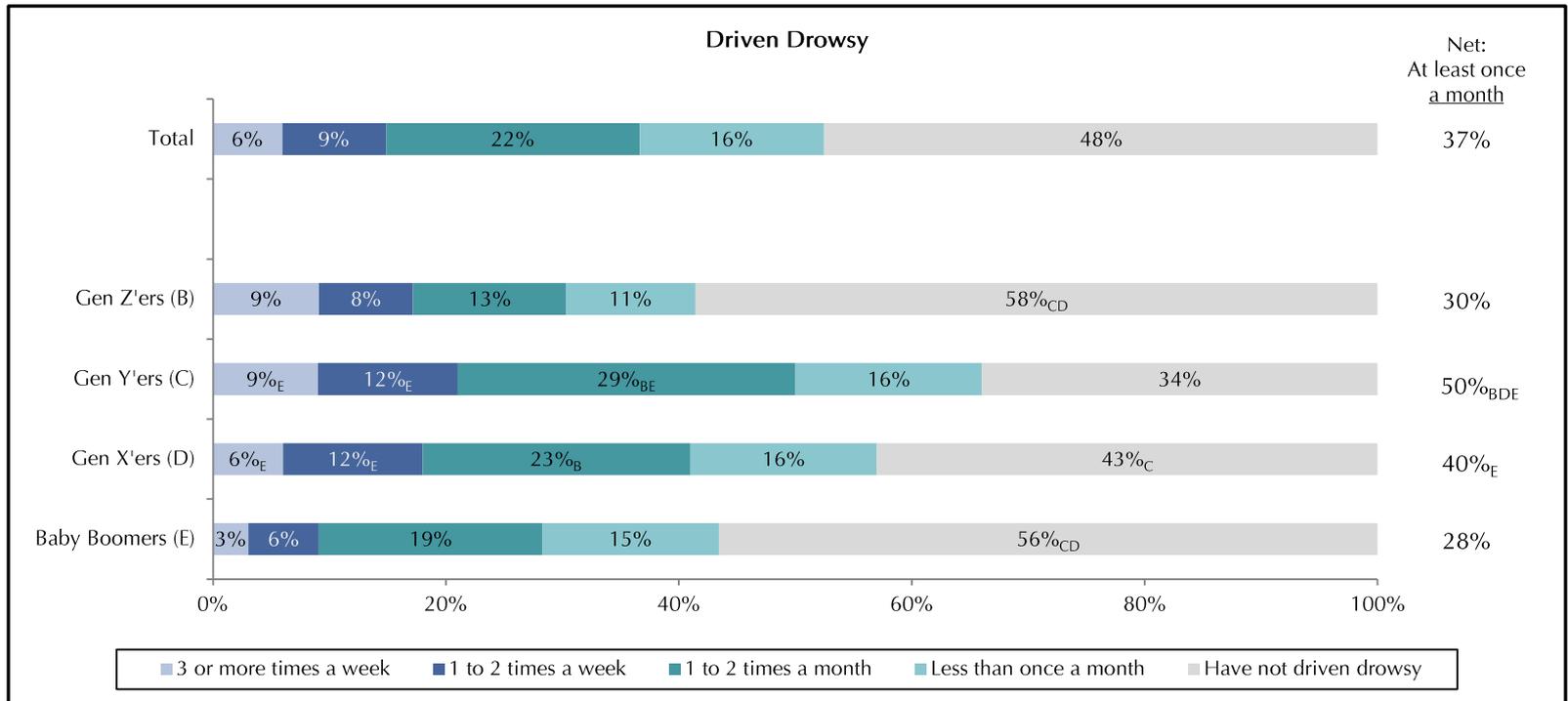
Driven Drowsy

Net: At least once a month

Group	3 or more times a week	1 to 2 times a week	1 to 2 times a month	Less than once a month	Have not driven drowsy	Net: At least once a month
Total	6%	9%	22%	16%	48%	37%
Gen Z'ers (B)	9%	8%	13%	11%	58%CD	30%
Gen Y'ers (C)	9%E	12%E	29%BE	16%	34%	50%BDE
Gen X'ers (D)	6%E	12%E	23%B	16%	43%C	40%E
Baby Boomers (E)	3%	6%	19%	15%	56%CD	28%

Legend: ■ 3 or more times a week ■ 1 to 2 times a week ■ 1 to 2 times a month ■ Less than once a month ■ Have not driven drowsy

Base = Those who drive and answering (Total n=1,361; 13-18 n=78; 19-29 n=265; 30-45 n=458; 46-64 n=560)
Letters indicate significant differences at the 95% confidence level.
Q36

✦ Furthermore, those who have ever driven drowsy are more likely than those who have not driven drowsy to:

   ✦ Have bad sleep habits, including getting less sleep on weeknights (6h 46m vs. 7h 1m) and/or to *not* report getting a good night's sleep as often (50% every/almost every weeknight vs. 64% less often);

   ✦ Be categorized as "sleepy" on the Epworth Sleepiness Scale (18% vs. 5% "normal"); and

   ✦ Have their cell phones wake them after trying to go to sleep (13% at least a few nights a week vs. 6% less often).

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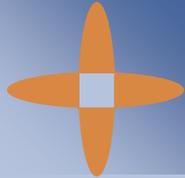
Generation Z'ers (13-18 years old)

More than one-half of generation Z'ers (54%) wake between 5:00 and 6:30 AM on weekdays, while the majority (81%) are going to bed at 10:00 PM or later. Thus, about six in ten (61%) are getting less than the recommended eight hours of sleep for this age group.

✦ Generation Z'ers also allow themselves about one-half the time to get ready to go to school/work than do their older counterparts (54 minutes).

As a result, almost one-half (46%) rarely or never get a good night's sleep on weekdays, with about six in ten (59%) saying they wake up feeling un-refreshed at least a few days a week. Generation Z'ers are the most likely age cohort to be categorized by the ESS as "sleepy" (22%). Among those driving, about four in ten (42% ever) have driven drowsy.

✦ To cope with their lack of sleep, 53% of generation Z'ers nap on weekdays and, on average, generation Z'ers drink 3.1 caffeinated beverages a day. Notably, more than one-fourth (28%) sleep two hours longer on weekends than weekdays as a way to "catch up" on their sleep.

Generation Z'ers are heavy users of technology in the hour before trying to go to sleep in comparison to those aged 30 or older, particularly with the usage of cell phones (72%), electronic music devices (64%), computers or laptops (60%) and/or video game consoles (23%).

✦ In addition, generation Z'ers are most likely to be texting in the hour before trying to go to sleep (56% every night/almost every night), with more than one-fourth (28%) reporting that they sleep with their cell phone ringers on in their bedrooms.
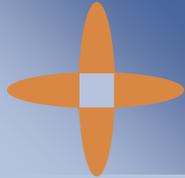
Generation Y'ers (19-29 years old)

On average, generation Y'ers wake the latest on weekdays (6:58 AM) among the different age cohorts, with just 24% waking between 5:00 and 6:30 AM. However, they also have the latest bed times, on average (11:58 PM), with the vast majority (92%) going to bed at 10:00 PM or later. Generation Y'ers, along with their older counterparts, are among the age cohorts most likely age cohort to get adequate sleep, with less than one-fourth (23%) getting less than the recommended seven hours of sleep for this age group.

Consequently, approximately one-half (51%) rarely or never get a good night's sleep on weekdays, with two-thirds (67%) saying they wake up feeling un-refreshed at least a few nights a week. Generation Y'ers are also more likely to be categorized by the ESS as "sleepy" (16%) than their older counterparts. Among those driving, about two-thirds (66% ever) have driven drowsy.

+ To cope with their lack of sleep, 52% of generation Y'ers nap on weekdays and, on average, they drink 2.7 caffeine beverages a day. Notably, almost one in five (17%) sleep two hours longer on weekends than weekdays as a way to "catch up" on their sleep.

Like generation Z'ers, generation Y'ers are heavy users of technology in the hour before trying to go to sleep in comparison to those aged 30 or older, particularly with the usage of cell phones (67%), electronic music devices (43%), computers or laptops (60%) and/or video game consoles (18%).

+ In addition, generation Y'ers are much more likely than their older counterparts to be texting in the hour before trying to go to sleep (42% every night/almost every night), with nearly four in ten (38%) reporting that they sleep with their cell phone ringers on in their bedrooms.
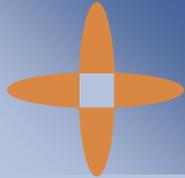
Generation X'ers (30-45 years old) and Baby Boomers (46-64 years old)

Generation X'ers and baby boomers share many of the same sleep patterns. In fact, both wake around 6:00 AM, on average (5:59 AM generation X'ers and 5:57 AM baby boomers).   In addition, they have very similar bed and wake times and get less than seven hours of sleep each, on average (6h 48m generation X'ers vs. 6h 49m baby boomers), which is less than their younger counterparts. Still, they are less likely than generation Z'ers to get inadequate sleep on weeknights (27% and 24% less than 7 hours, respectively).

Generation X'ers and baby boomers tend to report getting a good night's sleep slightly more often than their younger counterparts, with about four in ten citing that they rarely or never get a good night's sleep on weekdays (43% and 38%, respectively). However, while generation X'ers are just as likely as the younger population to say that they woke up feeling un-refreshed at least a few days a week (65%) and/or their weekday routine does not allow for adequate sleep (32%), baby boomers are less likely to report the same (19% and 55%). Among those driving, generation X'ers are more likely to report driving drowsy than baby boomers (57% vs. 44% ever), but are both less likely than generation Y'ers to say so.

✦ Generation X'ers (38%) and baby boomers (41%) are less likely than their younger counterparts to nap on weekdays in order to cope with their lack of sleep; however, their average daily caffeine consumption remains similar (3.5 and 3.0, respectively). In addition, both rarely sleep later on weekends to catch up on their sleep (7% and 5% sleep two hours longer on weekends, respectively).

Not surprisingly, these older cohorts are the least likely to use technology in the bedroom in the hour before trying to go to sleep besides television (61% generation X'ers and 62% baby boomers), which is prevalent across all ages. Instead, they report the highest usage of printed book or magazines among the age cohorts (52% and 46%, respectively)

✦ Furthermore, generation X'ers and especially baby boomers are far less likely to be texting in the hour before trying to go sleep than their younger counterparts. Both also sleep with their cell phone ringer on in the bedroom less often than their younger counterparts, though generation X'ers are almost twice as likely as baby boomers to do so (22% vs. 12%).
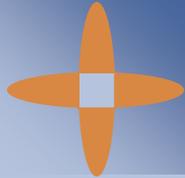
Age Group Profiles

	Generation Z'ers (Age 13-18)	Generation Y'ers (Age 19-29)	Generation X'ers (Age 30-45)	Baby Boomers (Age 46-64)
Sleep Patterns				
Avg Weekday Wake Time	6:17 AM	6:58 AM	5:59 AM	5:57 AM
% Weekday Wake Time (5 AM-6:30 AM)	54%	24%	45%	45%
Avg Weeknight Hours Slept	7h 26m	7h 1m	6h 48m	6h 49m
% Inadequate Sleep on Weeknight	61% (<8 hours)	23% (<7 hours)	27% (<7 hours)	24% (<7 hours)
Avg Time Allowed to Get Ready to Go to School/Work	54 m	1h 55m	2h 1m	1h 47m
Avg Weeknight Bed Time	11:02 PM	11:58 PM	11:12 PM	10:58 PM
% Weeknight Bed Time (10 PM or Later)	81%	92%	80%	76%
Results of Sleep				
Rarely/Never Get a Good Night's Sleep on Weekdays	46%	51%	43%	38%
Weekday Routine Does Not Allow for Adequate Sleep	38%	35%	32%	19%
Woke Up Feeling Un-refreshed	59%	67%	65%	55%
Driving Drowsy (Ever)	42%	66%	57%	44%
Coping on Weekdays	Napping (53%) Caffeine (3.1 avg)	Napping (52%) Caffeine (2.7 avg)	Napping (38%) Caffeine (3.5 avg)	Napping (41%) Caffeine (3.0 avg)
ESS (Sleepy)	22%	16%	11%	9%
Sleep Two Hours Longer on Weekend than Weekday	28%	17%	7%	5%
Technology				
Technologies Used in the Hour Before Trying to Go to Sleep	Cell phone (72%) / Electronic music device (64%) / Computer or laptop (60%) / Television (54%) / Video game console (23%)	Cell phone (67%) / Computer or laptop (60%) / Television (59%) / Electronic music device (43%) / Video game console (18%)	Television (61%) / Printed book or magazine (52%) / Cell phone (36%) / Computer or laptop (29%)	Television (62%) / Printed book or magazine (46%) / Computer or laptop (22%)
Texting in the Hour Before Trying to Go to Sleep	56%	42%	15%	5%
Sleeping with Cell Phone Ringer On in Bedroom	28%	38%	22%	12%

Summary of Findings

Respondents were asked which items they had used in their bedroom in the hour before trying to go to sleep on a typical night in the past two weeks.

Overall, use of any of these items is prevalent across all age groups surveyed, with nine in ten (90%) reporting that they used any of these items in their bedroom in the hour before trying to go to sleep.

✦ Respondents most often reported using a television (60%) in their bedroom, more often than a printed book or magazine (49%). More than one-third also used a cell phone (39%) and/or a computer or laptop (36%) in this hour, while approximately three in ten (29%) used electronic music devices.

　　✦ Notably, the generation Z'ers and generation Y'ers were much more likely than their older counterparts to use cell phones (72% and 67% vs. 36% generation X'ers and 16% baby boomers), computer or laptops (60% and 60% vs. 29% and 22%) and/or electronic music devices (64% and 43% vs. 22% and 17%).

　　✦ While overall video game console usage was relatively low (8%), it should be noted that these younger cohorts were much more likely than their older counterparts to have used one (23% and 18% vs. 4% and 1%).

Items Used in the Bedroom in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any	90%	96%$_{DE}$	96%$_{DE}$	89%$_E$	85%
Television	60	54	59	61	62
Printed book or magazine	49	46	49	52	46
Cell phone	39	72$_{DE}$	67$_{DE}$	36$_E$	16
Computer or laptop	36	60$_{DE}$	60$_{DE}$	29$_E$	22
Electronic music devices (radio, mp3 player, iPod, etc.)	29	64$_{CDE}$	43$_{DE}$	22$_E$	17
Telephone	21	22	21	21	21
Video game console (Wii, PS3, Xbox, etc.)	8	23$_{DE}$	18$_{DE}$	4$_E$	1
E-book reader	6	1	7$_B$	7$_B$	5$_B$

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q19

18

All respondents were asked how often they slept with any light on in their bedroom in the past two weeks, using a scale of every night or almost every night, a few nights a week, rarely or never.

Overall, about three-fourths of the respondents (76%) do not sleep with any light on in their bedroom.

✦ At the same time, approximately one in ten (11%) sleep with light on at least a few nights a week.

   ✦ Notably, generation Z'ers were much more likely than their older counterparts to sleep with any lights on in their bedroom at least a few nights a week (21% vs. 11% generation Y'ers, 12% generation X'ers and 8% baby boomers).
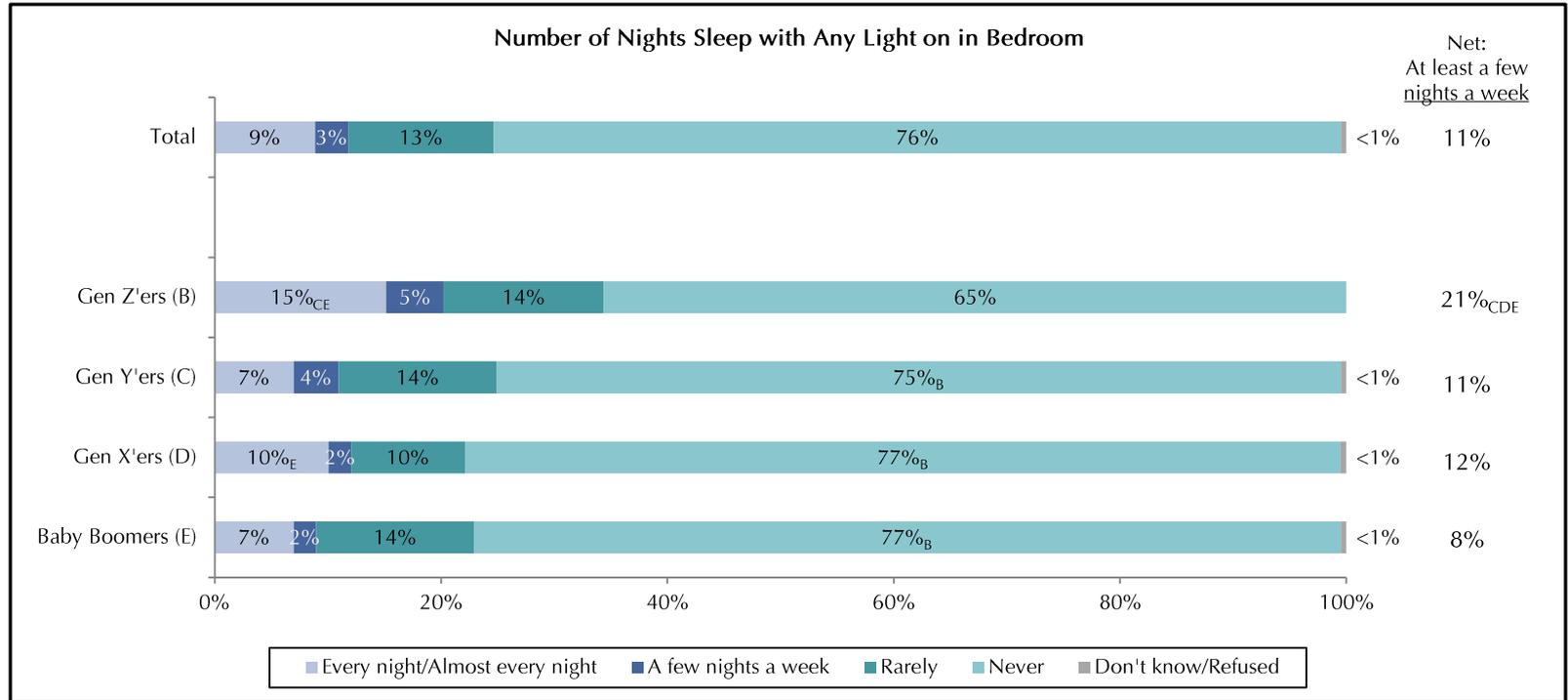
Number of Nights Sleep with Any Light on in Bedroom

Net: At least a few nights a week

	Every night/Almost every night	A few nights a week	Rarely	Never	Don't know/Refused	Net
Total	9%	3%	13%	76%	<1%	11%
Gen Z'ers (B)	15%CE	5%	14%	65%		21%CDE
Gen Y'ers (C)	7%	4%	14%	75%B	<1%	11%
Gen X'ers (D)	10%E	2%	10%	77%B	<1%	12%
Baby Boomers (E)	7%	2%	14%	77%B	<1%	8%

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q26
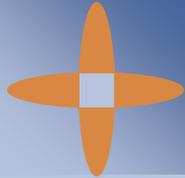
All respondents were asked how often they performed the activities outlined in the chart to the right in the hour before trying to go to bed, using a scale of every night or almost every night, a few nights a week, a few nights a month, rarely or never.

Nearly all respondents (97%) reported performing at least one of these activities at least a few nights a week in the hour before trying to go to sleep.

+ Specifically, almost eight in ten (79%) watch TV at least a few nights a week in that hour before trying to sleep, with about two-thirds of students (68%) doing homework on the computer.

+ About one-half of the respondents said they surf the Internet (54%) and/or read a printed book or magazine (48%) at least a few nights a week.

+ Approximately four in ten do work on the computer (40% among those employed), send or receive personal emails (39%), use a social networking site (38%) and/or send, read or receive text messages (38%) at least a few nights a week in the hour before trying to go to sleep.

+ Nearly three in ten (29%) talk on the phone in that hour at least a few nights a week. In comparison, about two in ten watch a video on a computer, laptop, phone or other non-TV device (21%), send or receive work-related emails (19%), play a video game or computer game (19%) and/or listen to music on an mp3 player or iPod (18%).

+ Very few (5%) mentioned that they read an e-book reader at least a few nights a week in the hour before trying to go to sleep.

Activities Performed in the Hour Before Trying to Go to Sleep

Activity	Every night/Almost every night	A few nights a week	Total
Net: Any	86%	11%	97%
Watch TV	60%	18%	79%
Do homework on the computer[2]	35%	33%	68%
Surf the Internet	30%	25%	54%
Read a printed book or magazine	20%	28%	48%
Do work on the computer[1]	17%	23%	40%
Send or receive personal emails	16%	23%	39%
Use a social networking site	23%	15%	38%
Send, read or receive text messages	21%	17%	38%
Talk on the phone	12%	18%	29%
Watch a video on computer, laptop, phone, etc. (not TV)	9%	12%	21%
Send or receive work-related emails	8%	11%	19%
Play a video game or computer game	7%	12%	19%
Listen to music on an mp3 player or iPod	9%	9%	18%
Read an e-book reader	2%	3%	5%

Legend: ■ Every night/Almost every night ■ A few nights a week

Base = Total sample (n=1,508)
[1]Base = Those who are employed (n=968)
[2]Base = Those who are in school (n=336)
Q20
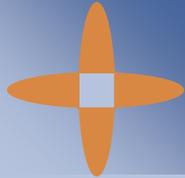
Daily Activities (continued)

When analyzing the data among the different age groups, several differences emerge in the exposure to electronics in the hour before trying to go to sleep, particularly interactive or communicative devices.

- While generation X'ers (63%) and baby boomers (67%) reported watching TV every night or almost every night more often than generation Z'ers (50%) and generation Y'ers (49%) within one hour of trying to go to sleep, the younger cohorts were just as likely to be watching television as to be doing the following:

  - Surfing the Internet (55% generation Z'ers and 47% generation Y'ers vs. 26% generation X'ers and 17% baby boomers);

  - Sending or reading text messages (56% and 42% vs. 15% and 5%); and

  - Using a social networking site (52% and 42% vs. 16% and 9%).

- In addition, generation Z'ers and generation Y'ers were much more likely than their older counterparts to have done each of the following in that hour:

  - Listen to music specifically on an mp3 player or iPod (34% generation Z'ers and 15% generation Y'ers vs. 5% generation X'ers and 2% baby boomers);

  - Watch a video on a computer, laptop, phone or other non-TV device (28% and 18% vs. 6% and 2%); and

  - Talk on the phone (19% and 22% vs. 10% and 5%).

- At the same time, baby boomers were much more likely than generation Z'ers and generation Y'ers to read a printed book or magazine (23% vs. 16% and 16%, respectively). However, very few respondents (2%) report reading an e-book reader in the hour before trying to go to sleep.

Activities Performed in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Every night/Almost every night n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any	86%	92%$_{DE}$	91%$_{E}$	86%	83%
Watch TV	60	50	49	63$_{BC}$	67$_{BC}$
Do homework on the computer[2]	35	32	38	46	24
Surf the Internet	30	55$_{DE}$	47$_{DE}$	26$_{E}$	17
Use a social networking site	23	52$_{DE}$	42$_{DE}$	16$_{E}$	9
Send, read or receive text messages	21	56$_{CDE}$	42$_{DE}$	15$_{E}$	5
Read a printed book or magazine	20	16	16	21	23$_{BC}$
Do work on the computer[1]	17	n/a	24$_{E}$	18	13
Send or receive personal emails	16	21	20	14	14
Talk on the phone	12	19$_{DE}$	22$_{DE}$	10$_{E}$	5
Listen to music specifically on an mp3 player or iPod	9	34$_{CDE}$	15$_{DE}$	5$_{E}$	2
Watch a video on computer, laptop, phone, etc. (not TV)	9	28$_{CDE}$	18$_{DE}$	6$_{E}$	2
Send or receive work-related emails	8	13$_{E}$	10	8	6
Play a video game or computer game	7	14$_{DE}$	9$_{E}$	6	4
Read an e-book reader	2	1	3	2	2

Base = Total sample
[1]Base = Those who are employed (Total n=968; 19-29 n=191; 30-45 n=366; 46-64 n=411)
[2]Base = Those who are in school (Total n=336; 13-18 n=171; 19-29 n=130; 30-45 n=27*; 46-64 n=8*)
*Caution: Small base
n/a = Not asked
Letters indicate significant differences at the 95% confidence level.
Q20
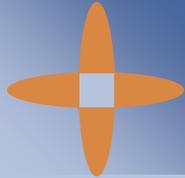
Those who watch TV or videos at least a few nights a week in the hour before trying to go to sleep (84% of the total sample) were asked what type of programs they most often watched in that hour.

✦ About one-fourth of these respondents mentioned that they most often watched comedy (27%) or drama (24%) programs in the hour before trying to go to sleep.

✦ About one in six said they most often watch news programs (18%) in the hour before going to sleep, while about one in ten view educational programs or documentaries (10%) or sports programs (8%) in that hour.

✦ About one in twenty or fewer mentioned any other types of programs.

Type of Programs Most Often Watched in the Hour Before Trying to Go to Sleep

Program	Percent
Comedy	27%
Drama	24%
News	18%
Education or documentary	10%
Sports	8%
Reality	6%
Other	4%
Don't know/Refused/It varies	4%
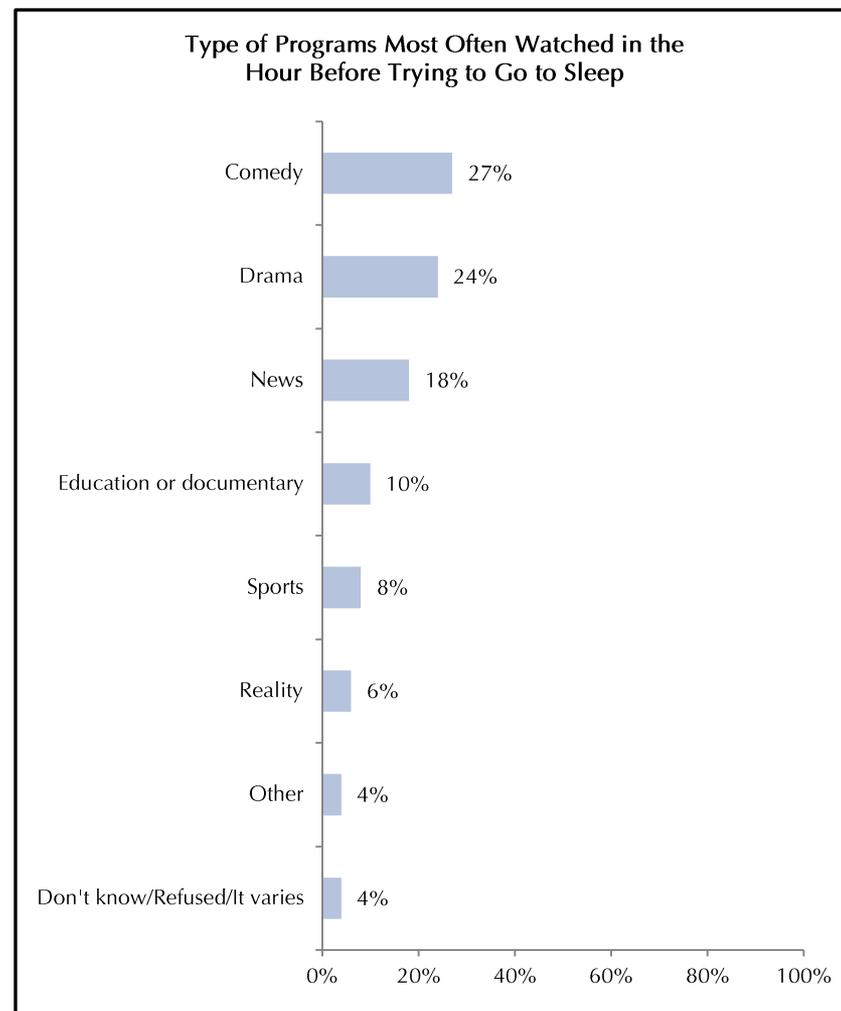
Base = Those who watch TV or videos at least a few nights a week (n=1,269)
Q21
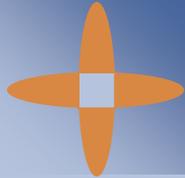
Those who watch TV or videos at least a few nights a week in the hour before trying to go to sleep (84% of the total sample) were then asked where they typically watched these programs in the hour before trying to go to sleep.

Overall, these respondents were split between watching TV or video programs in the living room or family room (50%) and the bedroom (47%).

✦ Notably, generation Y'ers were the age group most likely to report watching programs in the bedroom in the hour before going to sleep (57% vs. 45% generation Z'ers, 45% generation X'ers and 43% baby boomers).

**Place Most Often Watch Programs in the
Hour Before Trying to Go to Sleep**

	Living room or family room	Bedroom	Somewhere else	Don't know/Refused
Total	50%	47%	3%	<1%
Gen Z'ers (B)	50%	45%	5%C	1%
Gen Y'ers (C)	42%	57%BDE		1%
Gen X'ers (D)	53%C	45%	1%	<1%
Baby Boomers (E)	51%C	43%	6%CD	<1%
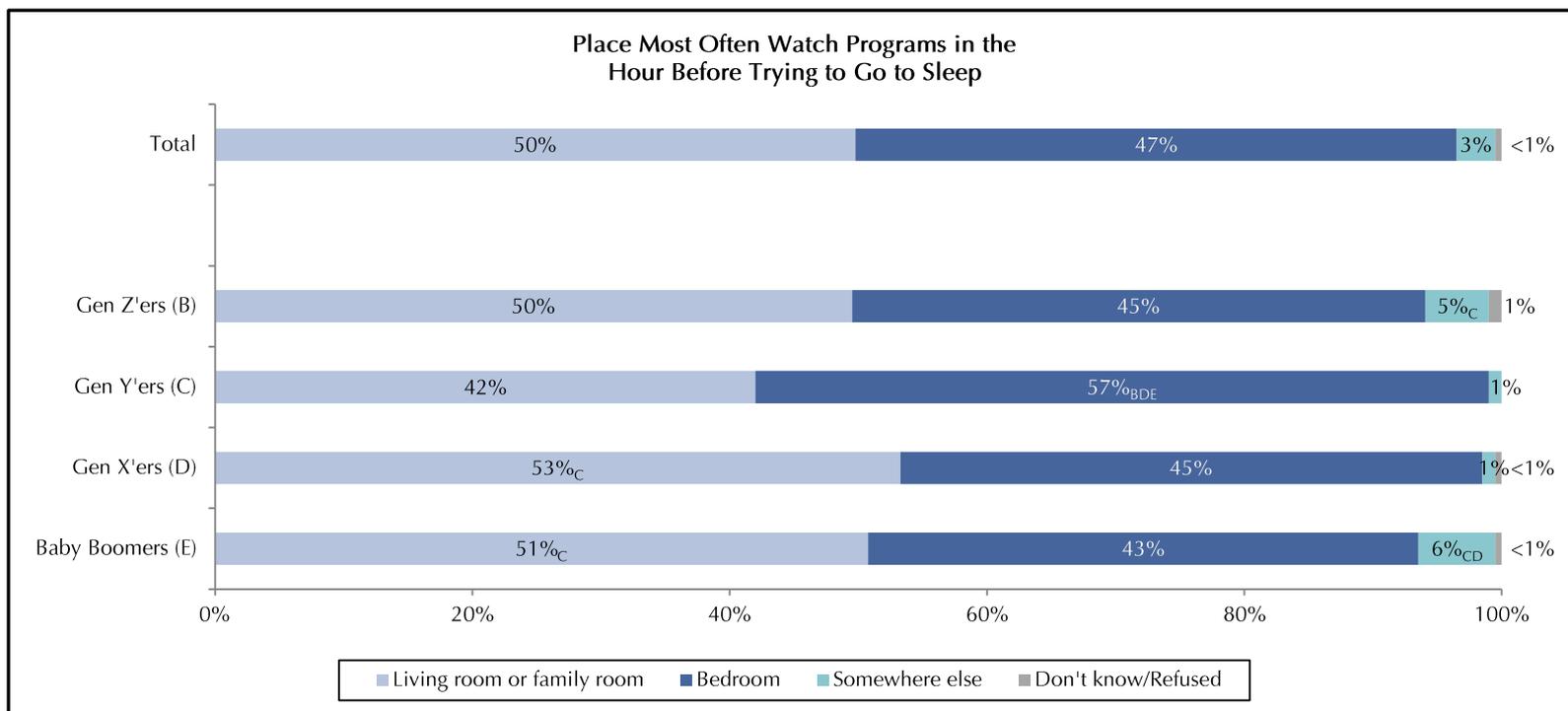
Base= Those who watch TV or videos at least a few nights a week (Total n=1,269; 13-18 n=140; 19-29 n=245; 30-45 n=398; 46-64 n=486)
Letters indicate significant differences at the 95% confidence level.
Q22
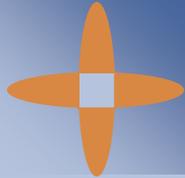
All respondents were asked how often they used the functions listed in the table below on their cell phones or handheld devices in the hour before trying to go to sleep, using a scale of every night or almost every night, a few nights a week, rarely or never.

Overall, more than one-half (58%) report doing any of these activities on their cell phones or handheld devices at least a few nights a week in the hour before trying to go to sleep.

✦ Respondents most often said that they send, read or receive text messages (37%) and use the phone's alarm clock (34%) at least a few nights a week during that hour, with more than one-third reporting that they do either or both.

✦ Almost three in ten (28%) reported talking on the phone at least a few nights a week, whereas about one in five surf the Internet (21%) and/or send or receive personal emails (18%) using their cell phones or handheld devices in the hour before trying to go to sleep.

✦ Additionally, about one in ten listen to music (13%), play games (12%), send or receive work-related emails (11%) and/or watch video (9%) on their cell phones or handheld devices in the hour before trying to go to sleep at least a few nights a week.

Functions Performed on Cell Phone or Handheld Device in the Hour Before Trying to Go to Sleep

Function	Every night/Almost every night	A few nights a week	Total
Net: Any	43%	15%	58%
Send, read or receive text messages	21%	16%	37%
Use the phone's alarm clock	28%	6%	34%
Talk on the phone	13%	15%	28%
Surf the Internet	10%	11%	21%
Send or receive personal emails	8%	11%	18%
Listen to music	7%	7%	13%
Play games	5%	7%	12%
Send or receive work-related emails	4%	7%	11%
Watch video	4%	5%	9%

■ Every night/Almost every night ■ A few nights a week

Base = Total sample (n=1,508)
Q23

25
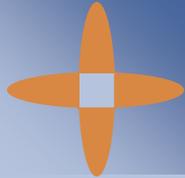
Generation Z'ers and generation Y'ers were much more likely than their older counterparts to perform at least one of the functions listed in the table on the following page on their cell phones or handheld devices at least a few nights a week in the hour before trying to go to sleep (86% generation Z'ers and 89% generation Y'ers vs. 57% generation X'ers and 34% baby boomers).

✦ Specifically, generation Z'ers and generation Y'ers were much more likely to do each of the following on their cell phones or handheld devices in the hour before trying to go to sleep at least a few nights a week:

✦ Send or receive text messages (72% and 65% vs. 33% generation X'ers and 15% baby boomers);

✦ Use the phone's alarm clock (50% and 69% vs. 33% and 13%);

✦ Talk on the phone (40% and 44% vs. 25% and 17%);

✦ Surf the Internet (35% and 33% vs. 24% and 9%);

✦ Listen to music (42% and 20% vs. 10% and 4%);

✦ Play games (24% and 20% vs. 11% and 5%); and/or

✦ Watch video (25% and 15% vs. 7% and 2%).

✦ Notably, baby boomers were the least likely of any age group to have done each of the functions in that hour except for sending or receiving work-related emails.

Functions Performed on Cell Phone or Handheld Device in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
At least a few nights a week n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any	58%	86%$_{DE}$	89%$_{DE}$	57%$_{E}$	34%
Send, read or receive text messages	37	72$_{DE}$	65$_{DE}$	33$_{E}$	15
Use the phone's alarm clock	34	50$_{DE}$	69$_{BDE}$	33$_{E}$	13
Talk on the phone	28	40$_{DE}$	44$_{DE}$	25$_{E}$	17
Surf the Internet	21	35$_{DE}$	33$_{DE}$	24$_{E}$	9
Send or receive personal emails	18	24$_{E}$	22$_{E}$	22$_{E}$	11
Listen to music	13	42$_{CDE}$	20$_{DE}$	10$_{E}$	4
Play games	12	24$_{DE}$	20$_{DE}$	11$_{E}$	5
Send or receive work-related emails	11	11	15$_{E}$	15$_{E}$	6
Watch video	9	25$_{CDE}$	15$_{DE}$	7$_{E}$	2

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q23

Those who use their cell phones in their bedroom in the hour before trying to go to sleep (39% of the total sample) were asked if they usually turn their phone off, put the ringer on silent or vibrate or leave the ringer on when they are ready to go to sleep.

Overall, more than one-half of those who use their cell phone in the bedroom in the hour before trying to go to sleep (57%) leave their ringers on when they are ready to go to sleep, while one-third (33%) place their ringers on silent or vibrate. About one in ten (9%) turn their cell phones completely off.

✦ Analyzed among all respondents, about one in five (22%) leave their ringers on when they are a ready to go to sleep, while more than one in ten (13%) place their ringers on silent or vibrate. Still, nearly two-thirds either do not bring their cell phones into the bedroom (61%) or turn their cell phones completely off (4%).

Status of Cell Phone When Ready to Go to Sleep
Among those who use cell phone in the bedroom in the hour before trying to go to sleep

- Don't know 1%
- Turn off 9%
- Ringer on silent or vibrate 33%
- Ringer on 57%

Status of Cell Phone When Ready to Go to Sleep

- Don't know/Refused 1%
- Turn off 4%
- Ringer on silent or vibrate 13%
- Ringer on 22%
- No cell phone in bedroom 61%
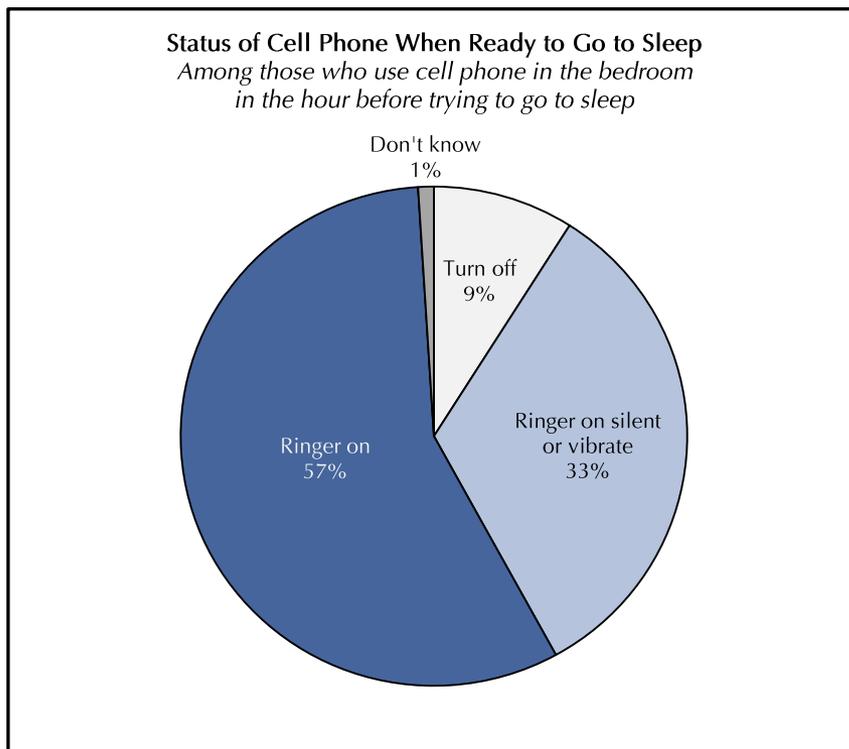
Base = Those who use cell phone in the bedroom in the hour before trying to go to sleep (n=579)
Q24
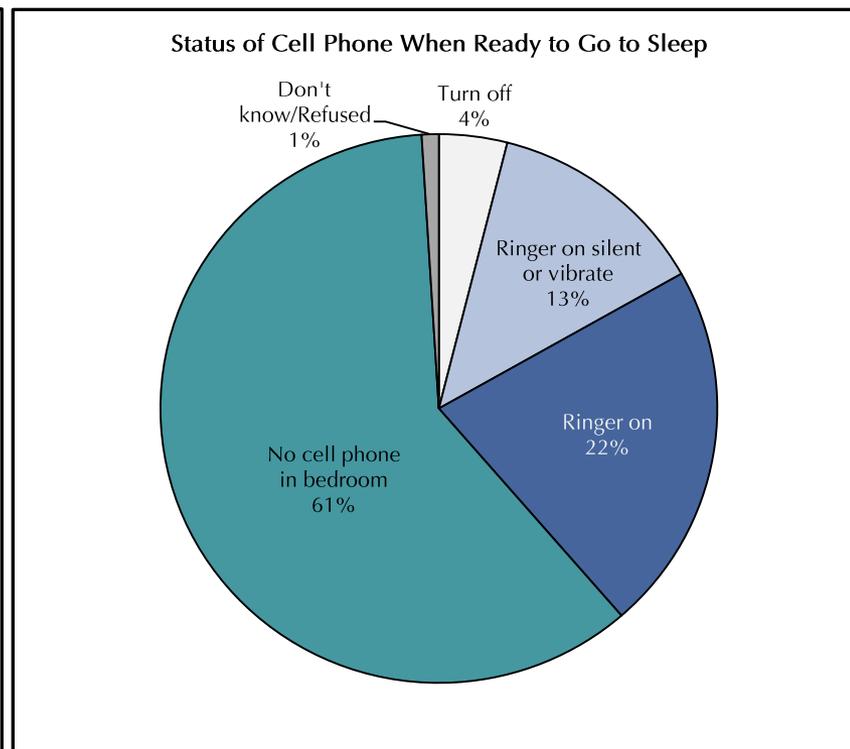
Base = Total sample (n=1,508)
Q24
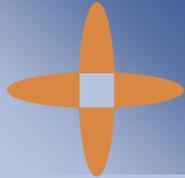
Cell Phones (continued)

Those who use their cell phones in their bedroom in the hour before trying to go to sleep (39% of the total sample) were also asked how often they had phone calls, text messages or emails on their cell phones wake them after trying to go to sleep, using a scale of every night or almost every night, a few nights a week, rarely or never.

Overall, one in ten of all respondents (10%) reported being awakened by their cell phones at least a few nights a week after trying to fall asleep. The majority of respondents (73%) were never awakened by their cell phones.

✦ Notably, generation Z'ers and generation Y'ers were more likely than their older counterparts to be awakened by their cell phones at least a few nights a week (18% and 20% vs. 11% generation X'ers and 3% baby boomers).
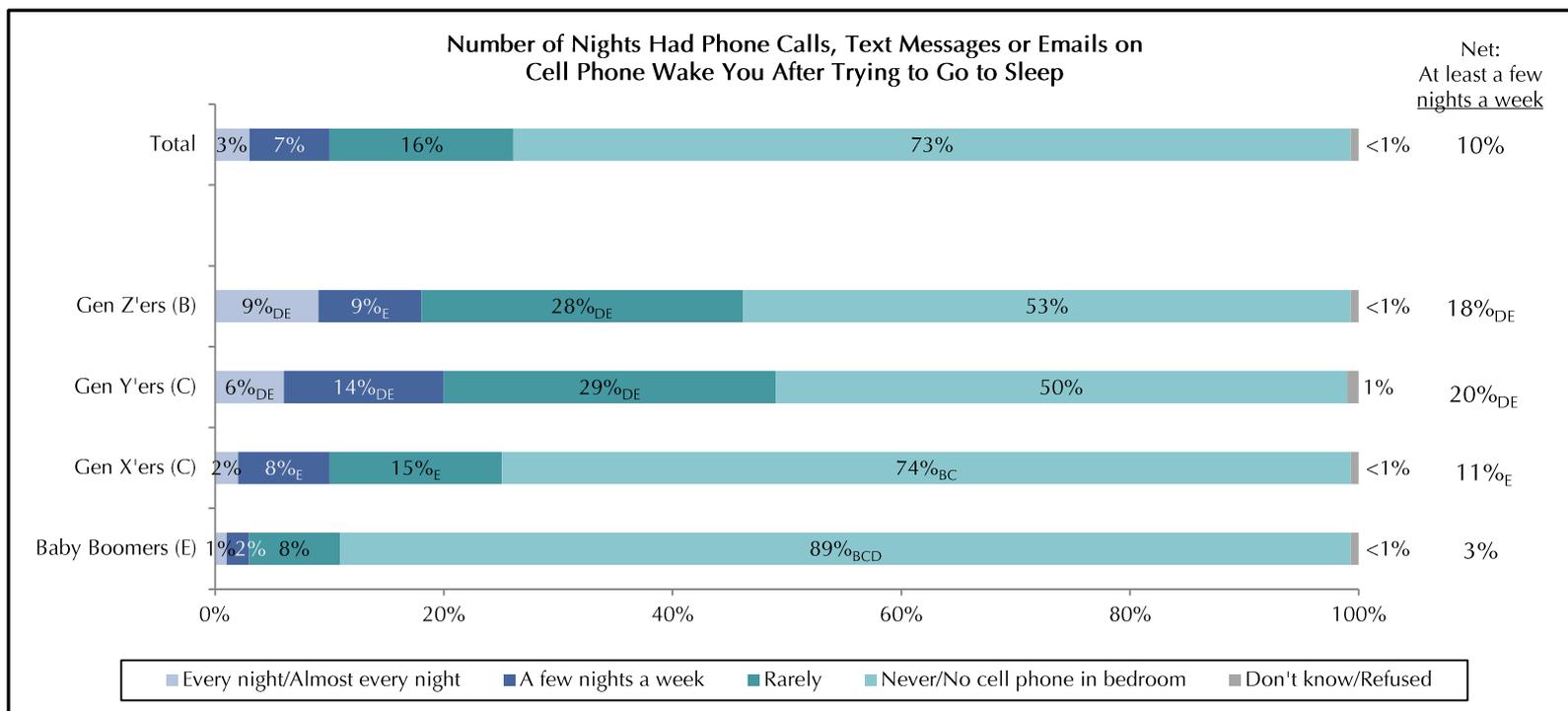
Number of Nights Had Phone Calls, Text Messages or Emails on Cell Phone Wake You After Trying to Go to Sleep

	Every night/Almost every night	A few nights a week	Rarely	Never/No cell phone in bedroom	Don't know/Refused	Net: At least a few nights a week
Total	3%	7%	16%	73%	<1%	10%
Gen Z'ers (B)	9%DE	9%E	28%DE	53%	<1%	18%DE
Gen Y'ers (C)	6%DE	14%DE	29%DE	50%	1%	20%DE
Gen X'ers (C)	2%	8%E	15%E	74%BC	<1%	11%E
Baby Boomers (E)	1%	2%	8%	89%BCD	<1%	3%

Base= Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q25

29
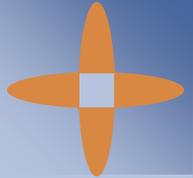
Computers/Laptops

Those who did not report using a computer or laptop in the bedroom before trying to go to sleep (64% of the total sample) were asked how often they use a computer or laptop in the hour before trying to go to sleep, using a scale of every night or almost every night, a few nights a week, rarely or never.

Overall, about four in ten of these respondents (39%) said they use a computer or laptop outside their bedroom in the hour before trying to go to sleep at least a few nights a week, with about one in five (19%) reporting doing so every night or almost every night.

Number of Nights Use a Computer or Laptop in the Hour Before Trying to Go to Sleep

Net: At least a few nights a week

	Every night/Almost every night	A few nights a week	Rarely	Never	Don't know	Net
Total	19%	20%	29%	33%	<1%	39%
Gen Z'ers (B)	23%	20%	31%	27%		42%
Gen Y'ers (C)	19%	14%	24%	42%BD	1%	33%
Gen X'ers (D)	20%	22%	32%	26%		42%
Baby Boomers (E)	17%	21%	27%	35%D		38%

Legend: ■ Every night/Almost every night ■ A few nights a week ■ Rarely ■ Never ■ Don't know

Base = Those who do not use a computer or laptop in the bedroom in the hour before trying to go to sleep (Total n=953; 13-18 n=66; 19-29 n=91; 30-45 n=339; 46-64 n=457)
Letters indicate significant differences at the 95% confidence level.
Q27
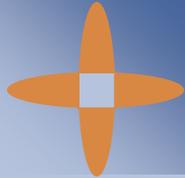
Combining those who use a laptop or computer inside or outside their bedrooms in the hour before trying to go to sleep reveals that approximately six in ten respondents (61%) *regularly* use (in their bedrooms or at least a few nights a week outside their bedrooms) a laptop or computer in this hour.

✦ Specifically, more than one-third use a laptop or computer in their bedroom (36%) and one-fourth use it outside their bedroom (25%) in the hour before going to bed.

✦ Conversely, approximately four in ten (39%) do not regularly use a laptop or computer in the hour before going to bed.

Use of Laptop or Computer in the Hour Before Trying to Go to Sleep

- Don't know/Refused <1%
- Use in bedroom 36%
- Use, but not in bedroom 25%
- Do not regularly use 39%
- Net: Regularly use 61%
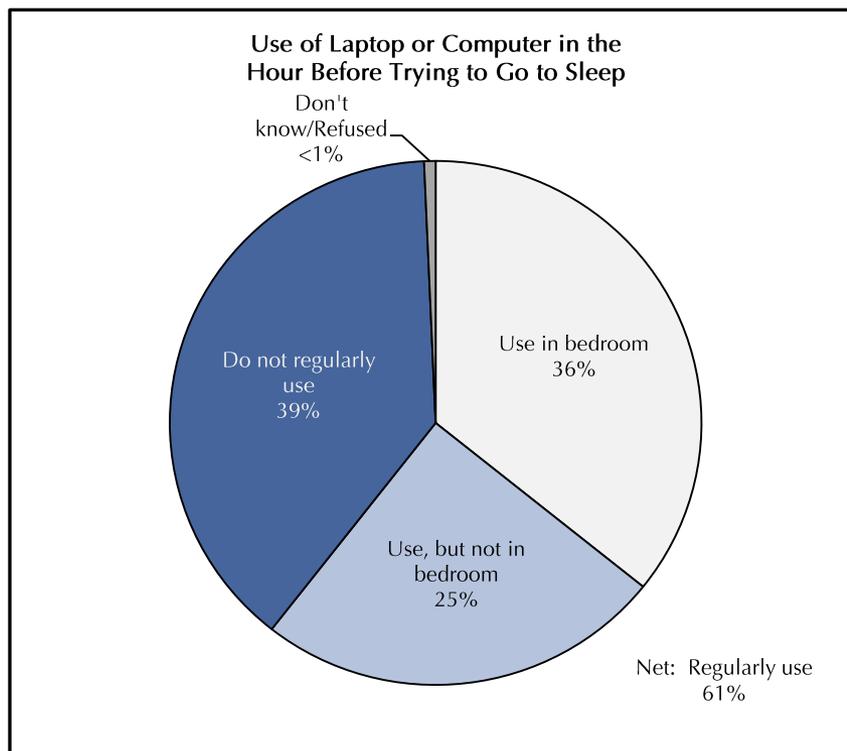
Base = Total sample (n=1,508)
Q19/Q27

Respondents who regularly use a laptop or computer (61% of the total sample) in the hour before trying to go to sleep were asked how often they use or do different functions on their laptops or computers during that hour, using a scale of every night or almost every night, a few nights a week, rarely or never.

Overall, more than one-half of all respondents (56%) regularly use or do any of these functions on their laptops or computers at least a few nights a week, most often to get on the Internet (53%).

✦ More than one-third (37%) also reported that they send or receive email on their laptops or computers at least a few nights a week in this hour.

✦ In comparison, about one in five watch video (20%), use word-processing or spreadsheet software (20%) and/or listen to music (19%) on their laptops or computers in the hour before going to bed.

✦ More than one in ten (13%) also said they instant message or Skype on their laptops or computers during this hour.
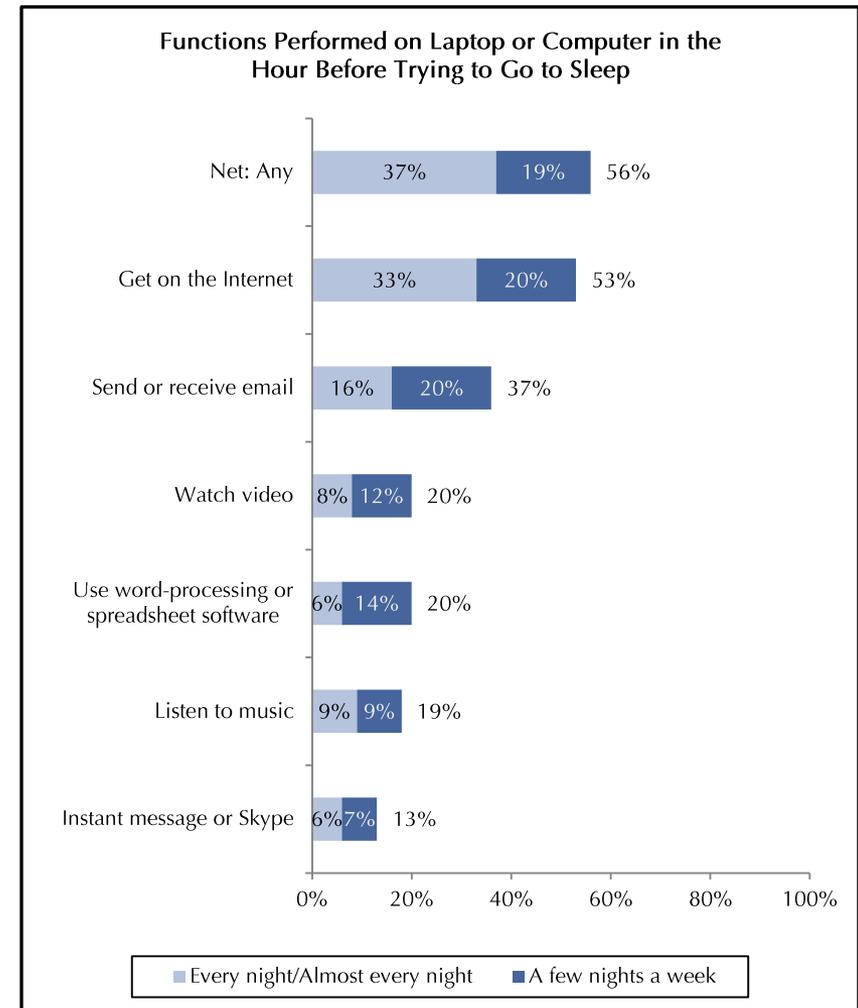
Functions Performed on Laptop or Computer in the Hour Before Trying to Go to Sleep

Function	Every night/Almost every night	A few nights a week	Total
Net: Any	37%	19%	56%
Get on the Internet	33%	20%	53%
Send or receive email	16%	20%	37%
Watch video	8%	12%	20%
Use word-processing or spreadsheet software	6%	14%	20%
Listen to music	9%	9%	19%
Instant message or Skype	6%	7%	13%

Legend: ■ Every night/Almost every night ■ A few nights a week

Base = Total sample (n=1,508)
Q28

Generation Z'ers and generation Y'ers are again more likely to be using these electronics in the hour before they go to bed than their older counterparts. In fact, they were much more likely to report using or doing any of these functions listed below on their laptops or computers in the hour before going to sleep at least a few nights a week (73% generation Z'ers and 72% generation Y'ers vs. 53% generation X'ers and 46% baby boomers).

✦ Specifically, generation Z'ers and generation Y'ers were much more likely than their older counterparts to do the following on their laptops or computers in the hour before going to bed:

   ✦ Get on the Internet (71% and 70% vs. 50% generation X'ers and 42% baby boomers);

   ✦ Watch video (47% and 40% vs. 15% and 6%);

   ✦ Use word-processing or spreadsheet software (36% and 31% vs. 17% and 12%);

   ✦ Listen to music (59% and 35% vs. 12% and 4%)

   ✦ Instant message or Skype (34% and 24% vs. 8% and 4%).

✦ With the exception of sending or receiving emails, baby boomers were the least likely age cohort to do each of the activities on their laptops or computers at least a few nights a week in the hour before trying to go to sleep.

Functions Performed on Laptop or Computer in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
At least a few nights a week n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any	56%	73%DE	72%DE	53%E	46%
Get on the Internet	53	71DE	70DE	50E	42
Send or receive email	37	39	42E	38E	32
Watch video	20	47DE	40DE	15E	6
Use word-processing or spreadsheet software (Word, Excel, etc.)	20	36DE	31DE	17E	12
Listen to music	19	59CDE	35DE	12E	4
Instant message or Skype	13	34CDE	24DE	8E	4

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q28
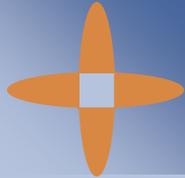
Video/Computer Games

Those who regularly play (at least a few nights a week) a video or computer game in the hour before trying to go to sleep (19% of the total sample) were asked what type of game they played most often during this hour.

✦ Among all respondents, the types of video or computer games played most often in the hour before going to sleep are online gaming (8%) or computer or console-based games that you do not connect online (6%).

✦ Very few mentioned playing any other type of video or computer game most often.
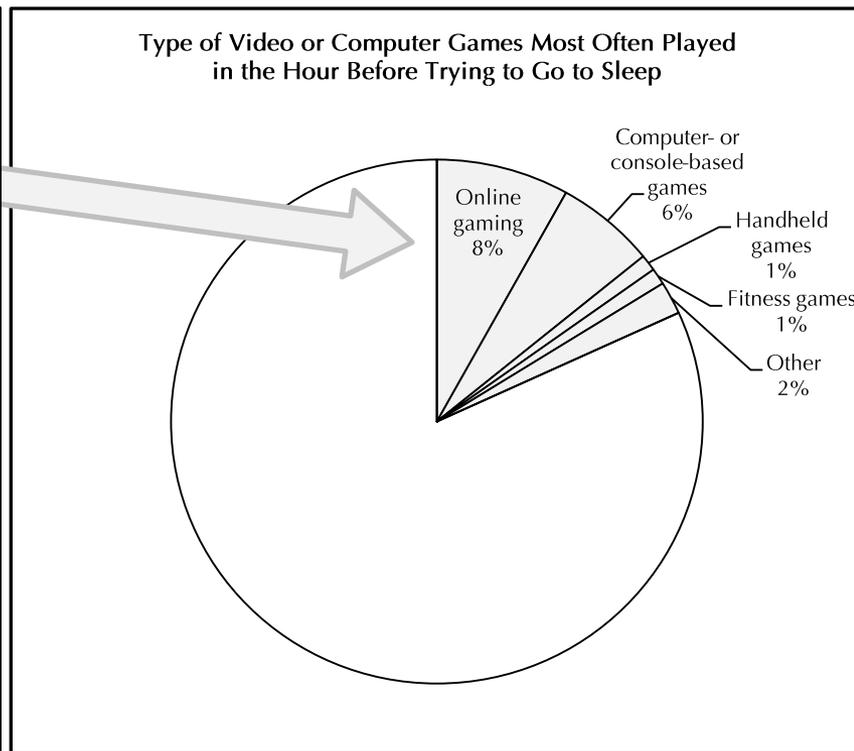
**Play Video or Computer Games
in the Hour Before Trying to Go to Sleep**

Don't
know/Refused
<1%

Regularly play
19%

Do not regularly
play
81%

**Type of Video or Computer Games Most Often Played
in the Hour Before Trying to Go to Sleep**

Online
gaming
8%

Computer- or
console-based
games
6%

Handheld
games
1%

Fitness games
1%

Other
2%

Base = Total sample (n=1,508)
Q20d

Base = Total sample (n=1,508)
Q29
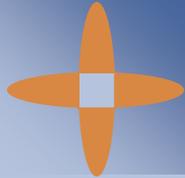
Those who regularly play (at least a few nights a week) a video or computer game in the hour before trying to go to sleep (19% of the total sample) were then asked how often they played video or computer games that contain each of the following in the hour before trying to go to sleep, using a scale of every night or almost every night, a few nights a week, rarely or never: violence, minimal blood, sexual content, crude humor and gambling.

Among all respondents overall, one in ten (10%) reported playing video or computer games that contain any of these elements at least a few nights a week in the hour before trying to go to sleep.

+ Notably, generation Z'ers were the most likely of the surveyed age cohorts to play video or computer games with any of these elements at least a few nights a week (28% vs. 18% generation Y'ers, 6% generation X'ers and 2% baby boomers), particularly games with violence (26% vs. 15%, 5% and <1%).

+ Generation Z'ers and generation Y'ers tended to be more likely than their older counterparts to play games containing minimal blood (18% and 11% vs. 4% generation X'ers and 0% baby boomers), crude humor (14% and 10% vs. 2% and <1%) and/or sexual content (7% and 4% vs. 1% and <1%) at least a few nights a week.

| Elements of Games Played in the Hour Before Trying to Go to Sleep					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
At least a few nights a week n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any	10%	28%$_{CDE}$	18%$_{DE}$	6%$_E$	2%
Violence	8	26$_{CDE}$	15$_{DE}$	5$_E$	<1
Minimal blood	5	18$_D$	11$_D$	4	-
Crude humor	4	14$_{DE}$	10$_{DE}$	2$_E$	<1
Gambling	2	4	3	1	2
Sexual content	2	7$_{DE}$	4$_E$	1$_E$	<1

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q30
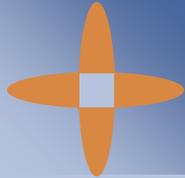
Time Leave Home to Go to Work/School

Respondents who were employed and/or in school (81% of the total sample) were asked what time they typically leave their homes to go to work and/or school.

Overall, respondents reported leaving before 8:00 AM on average (average of 7:51 AM), with nearly one-third (31%) leaving in the 7:00 AM – 7:59 AM hour.

- Generation Y'ers left their home the latest on average to go to work and/or school among the age cohorts analyzed (8:48 AM on average vs. 7:13 AM generation Z'ers, 7:48 AM generation X'ers and 7:29 AM baby boomers).

  - This may be influenced by the presence of college students in this age cohort.

- Among generation Z'ers, more than three fourths (77%) leave before 8:00 AM to go to school.

| Time Leave Home to Go to Work/School					
			Age Group		
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Before 6:00 AM	8%	4%	7%	10%$_B$	9%$_B$
6:00 AM – 6:59 AM	22	29$_{CD}$	13	20$_C$	26$_{CD}$
7:00 AM – 7:59 AM	31	48$_{CDE}$	25	34$_C$	27
8:00 AM – 8:59 AM	17	11	17	20$_B$	18$_B$
9:00 AM – 9:59 AM	7	2	12$_{BDE}$	6$_B$	5
10:00 AM or after	10	3	21$_{BDE}$	8$_B$	7$_B$
Don't know/Refused	5	3	4	3	7$_D$
Average (time)	*7:51 AM*	*7:13 AM*	*8:48 AM$_{BDE}$*	*7:48 AM$_B$*	*7:29 AM*

Base = Those who are employed or who are in school (Total n=1,229; 13-18 n=171; 19-29 n=265; 30-45 n=379; 46-64 n=414)
Letters indicate significant differences at the 95% confidence level.
Q7

Respondents were asked when they typically wake up, go to bed and how long they sleep on both a typical school day, workday or weekday and non-school day, non-workdays or weekends.

Overall, respondents' bed times (12:02 AM vs. 11:15 PM), wake times (7:28 AM vs. 6:12 AM) and time slept (7 hours 46 minutes vs. 6 hours 55 minutes) on weekends were generally about one hour later or longer on average than on weekdays.

✦ Generation Y'ers cited the latest average sleep times on both weekdays and weekends among the age cohorts analyzed (11:58 PM on weekdays and 1:10 AM on weekends). They also reported the latest wake time on weekdays (6:58 AM on average). Despite this, generation Y'ers reported sleeping longer on average than generation X'ers and baby boomers (7 hours 1 minute on weekdays and 8 hours 5 minutes on weekends).

✦ While generation Z'ers bed (11:02 PM) and wake times (6:17 AM) on weekdays were similar to those of generation X'ers and baby boomers on average, they cited the longest average amount of sleep on weekdays (7 hours and 26 minutes) and on weekends (8 hours and 38 minutes). It should be noted that generation Z'ers average bed time on weekends (12:27 AM) was also much later than generation X'ers and baby boomers, thought their average weekend wake time (7:08 AM) was similar.

✦ Generation X'ers and baby boomers exhibited similar sleep habits on weekdays, going to bed (11:12 PM and 10:58 PM on average, respectively) and waking up (5:59 AM and 5:57 AM on average) at about the same times and getting about the same amount of sleep (6 hours 48 minutes and 6 hours 49 minutes on average). However, on weekends generation X'ers had later bed times (11:51 PM vs. 11:27 PM) and wake times (7:51 AM vs. 7:19 AM) on average than baby boomers, though the reported amounts of time slept by each were not statistically different (7 hours 37 minutes and 7 hours 28 minutes).

Typical Workday and Non-Workday (Average Wake Time; Average Bed Time; Average Hours Slept – Self Reported)

- 11:15 PM — 6h 55m — 6:12 AM (Workday/School Day/Weekday)
- 12:02 AM — 7h 46m — 7:28 AM (Non-Workday/Non-School Day/Weekend)

Total (n=1,508)

☐ Workday/School Day/Weekday
☐ Non-Workday/Non-School Day/ Weekend
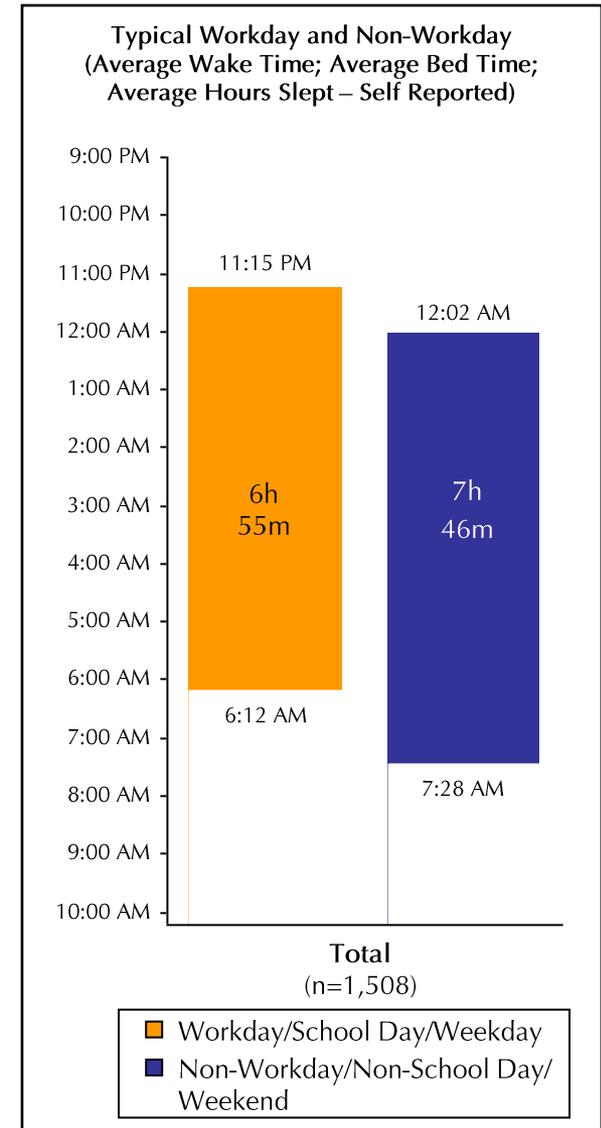
Base = Total sample
DK/Ref = 0% - 1%
Note: See note on next page on how times are derived.
Q1, Q2, Q3, Q4, Q5, Q6

Typical Workday/School Day and Non-Workday/Non-School Day
(Average Wake Time; Average Bed Time; Average Hours Slept – Self Reported)

Gen Z'ers (B) (n=171)
- 11:02 PM, 7h 26m$_{CDE}$, 6:17 AM (Workday/School Day)
- 12:27 AM$_{DE}$, 8h 38m$_{CDE}$, 7:08 AM (Non-Workday/Non-School Day)

Gen Y'ers (C) (n=293)
- 11:58 PM$_{BDE}$, 7h 1m$_D$, 6:58 AM$_{BDE}$ (Workday/School Day)
- 1:10 AM$_{BDE}$, 8h 5m$_{DE}$, 7:20 AM (Non-Workday/Non-School Day)

Gen X'ers (D) (n=469)
- 11:12 PM, 6h 48m, 5:59 AM (Workday/School Day)
- 11:51 PM$_E$, 7h 37m, 7:51 AM$_{BE}$ (Non-Workday/Non-School Day)

Baby Boomers (E) (n=575)
- 10:58 PM, 6h 49m, 5:57 AM (Workday/School Day)
- 11:27 PM, 7h 28m, 7:19 AM (Non-Workday/Non-School Day)

Legend: ■ Workday/School Day ■ Non-Workday/Non-School Day

Base = Total sample
DK/Ref = 0% – 2%
Note: Wake/Bed times are averages derived by using ranges of times (i.e. between 7:00 AM – 7:14 AM), while hours slept is collected by asking respondents for hours and minutes they usually sleep in one night.
Letters indicate significant differences at the 95% confidence level.
Q1, Q2, Q3, Q4, Q5, Q6
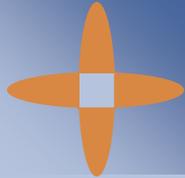
Using the reported amount of time that respondents slept on school days, workdays or weekdays and on non-school days, non-workdays or weekends, the proportion of respondents getting adequate sleep was calculated. While there is no consensus among sleep professionals as to the amount of sleep deemed to be adequate for different age group, adequate sleep is defined in this report as having at least 7 hours of sleep for those aged 19-64 and at least 8 hours of sleep for those aged 13-18.

Overall, more than one-half (57%) reported an adequate amount of sleep on weekdays, whereas more than three-fourths (78%) were getting an adequate amount of sleep on weekends.

+ Specifically, generation Z'ers were the least likely among the age groups to get an adequate amount of sleep, particularly on weekdays (44% vs. 61% generation Y'ers, 58% generation X'ers and 58% baby boomers).

+ On weekends, the proportion of generation Z'ers who got an adequate amount of sleep increased significantly and was generally more consistent with the proportions of their older counterparts (78% vs. 81% generation Y'ers, 80% generation X'ers and 75% baby boomers).

Sleep Habits (continued)

Number of Hours Slept per Night (Self-Reported)					
		Age Group			
	Total	**Gen Z'ers (B)**	**Gen Y'ers (C)**	**Gen X'ers (D)**	**Baby Boomers (E)**
Workdays/Weekdays/School Days n =	(1,508)	(171)	(293)	(469)	(575)
Less than 6 hours	14%	7%	14%$_B$	16%$_B$	16%$_B$
6 to less than 7 hours	25	21	25	25	25
7 to less than 8 hours	33	28	29	34	35
8 to less than 9 hours	21	30$_{DE}$	23	20	19
9 hours or more	6	14$_{DE}$	9$_{DE}$	4	4
Don't know/Refused	1	1	-	1	1
Net: Adequate sleep*	57	44	61$_B$	58$_B$	58$_B$
Net: Inadequate sleep*	42	55$_{CDE}$	39	42	41
Mean (# of hours)	6h 55m	7h 26m$_{CDE}$	7h 1m$_D$	6h 48m	6h 49m
Non-Workdays/Weekends/Non-School Days n =	(1,508)	(171)	(293)	(469)	(575)
Less than 6 hours	8%	7%	7%	8%	10%
6 to less than 7 hours	13	10	12	12	14
7 to less than 8 hours	21	5	12$_B$	25$_{BC}$	26$_{BC}$
8 to less than 9 hours	32	22	32$_B$	36$_B$	32$_B$
9 hours or more	26	56$_{CDE}$	36$_{DE}$	19	17
Don't know/Refused	<1	-	-	<1	1
Net: Adequate sleep*	78	78	81$_E$	80	75
Net: Inadequate sleep*	21	22	19	20	24
Mean (# of hours)	7h 46m	8h 38m$_{CDE}$	8h 5m$_{DE}$	7h 37m	7h 28m

Base = Total sample
*Note: "Adequate sleep" is defined as having at least 7 hours of sleep for those aged 19-64 and at least 8 hours of sleep for those aged 13-18.
Letters indicate significant differences at the 95% confidence level.
Q5, Q6

Comparison of Amount of Sleep by Day

Using the times that respondents reported sleeping on school days, workdays or weekdays and non-school, non-workdays or weekends, their sleep difference from weekdays to weekends was calculated.

Overall, respondents tended to get less sleep on weekdays than on weekends (59%).

✦ Interestingly, while generation Z'ers were the most likely to get more sleep on weekdays than on weekends (21% vs. 11% generation Y'ers, 9% generation X'ers and 7% baby boomers), they were also the most likely to get more than 2 hours *less* sleep on weekdays than on weekends (28% vs. 17%, 7% and 5%).

✦ Baby boomers were the least likely age cohort to get less sleep on weekdays (51% vs. 68% generation Z'ers, 64% generation Y'ers and 62% generation X'ers), instead being the most likely to get the same amount of sleep between weekdays and weekends (41% vs. 10%, 25% and 29%).

Amount of Sleep on Typical Workdays/Weekdays/School Days vs. Typical Non-Workdays/Weekends/Non-School Days (Self-Reported)

Net: Less sleep on workdays/weekdays/school days

	More sleep	Same amount of sleep	Up to 1 hour less sleep	1 to 2 hours less sleep	More than 2 hours less sleep	Don't know/Refused	Net
Total	10%	31%	11%	38%	11%	1%	59%
Gen Z'ers (B)	21%CDE	10%	6%	34%	28%CDE	1%	68%E
Gen Y'ers (C)	11%E	25%B	6%	41%E	17%DE		64%E
Gen X'ers (D)	9%	29%B	11%BC	43%BE	7%	<1%	62%E
Baby Boomers (E)	7%	41%BCD	14%BC	33%	5%	1%	51%

Legend: ■ More sleep ■ Same amount of sleep ■ Up to 1 hour less sleep ■ 1 to 2 hours less sleep ■ More than 2 hours less sleep ■ Don't know/Refused

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q5/Q6

Sleep Problems

All respondents were asked how often they had difficulty falling asleep, woke up during the night, woke up too early and woke up feeling un-refreshed – all signs of insomnia – and how often they snored, using a scale of every night/day or almost every night/day, a few nights/days a week, rarely or never.

Overall, the majority of respondents of those answering (87%) reported having at least one of these sleep problems at least a few nights/days a week.

+ Specifically, more than six in ten said that they woke up during the night (64%) and/or woke up feeling un-refreshed (61%) at least a few nights/days a week.

    + In fact, about four in ten (39%) reported waking up during the night every night or almost every night.

+ Comparatively, about four in ten snored (40%), had difficulty falling asleep (38%) and/or woke up too early and could not get back to sleep (36%) at least a few nights a week.

Frequency of Sleep Problems

Category	Every night/day or almost every night/day	A few nights/days a week	Total
Net: Any	60%	27%	87%
Woke up during the night	39%	24%	64%
Woke up feeling un-refreshed	24%	38%	61%
Snored	24%	16%	40%
Had difficulty falling asleep	14%	24%	38%
Woke up too early and could not get back to sleep	11%	25%	36%

Legend: ■ Every night/day or almost every night/day ■ A few nights/days a week
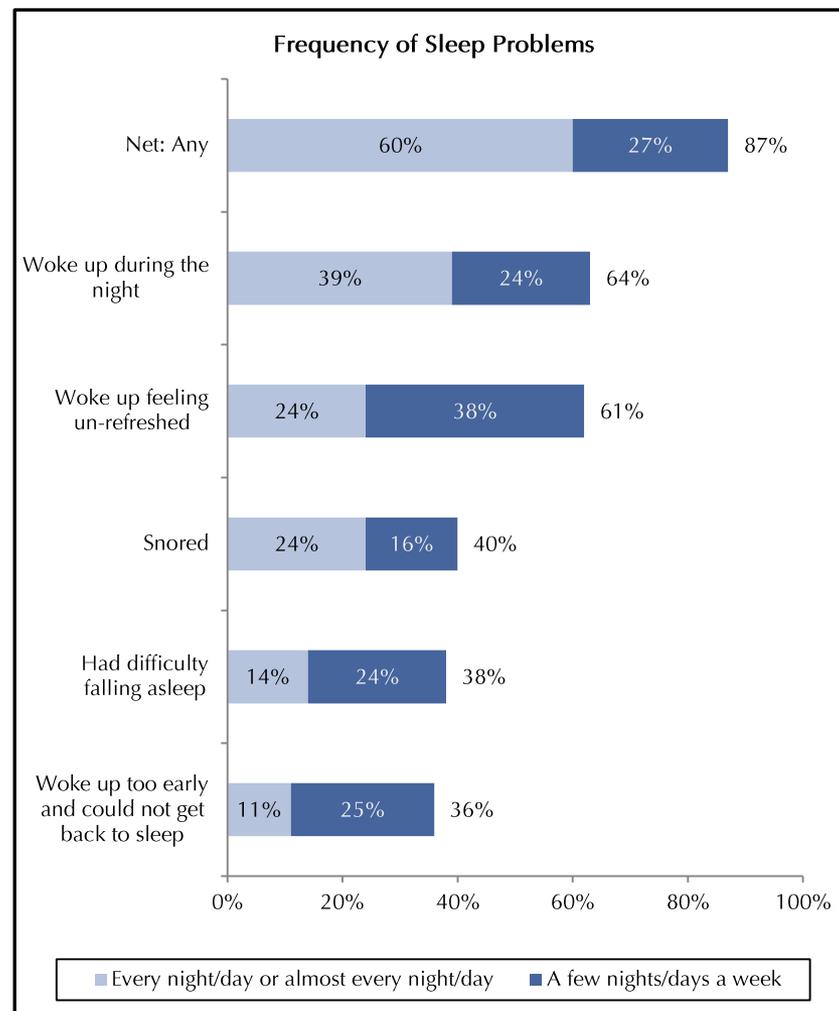
Base = Those answering (n=1,247-1,503)
Q33

42

Among the different age groups analyzed, generation Z'ers were the least likely to exhibit any of the sleep problems listed in the table below at least a few nights/days a week (77% vs. 86% generation Y'ers, 88% generation X'ers and 90% baby boomers).

✦ Baby boomers were age group most likely to report waking up during the night (75% vs. 35% generation Z'ers, 57% generation Y'ers and 64% generation X'ers) and/or snoring (54% vs. 15%, 24% and 42%) at least a few nights a week.

  ✦ At the same time, baby boomers were among the least likely to say they woke up feeling un-refreshed at least a few days a week (55% vs. 59% generation Z'ers, 67% generation Y'ers and 65% generation X'ers).

✦ Generation Y'ers were more likely than generation X'ers and baby boomers to report having difficulty falling asleep at least a few nights a week (45% vs. 36% and 34%, respectively).

Frequency of Sleep Problems					
			Age Group		
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
At least a few nights/days a week n=	(1,247-1,503)	(142-171)	(230-292)	(402-469)	(473-573)
Net: Any	87%	77%	86%$_B$	88%$_B$	90%$_B$
Woke up during the night	64	35	57$_B$	64$_B$	75$_{BCD}$
Woke up feeling un-refreshed	61	59	67$_E$	65$_E$	55
Snored	40	15	24$_B$	42$_{BC}$	54$_{BCD}$
Had difficulty falling asleep	38	42	45$_{DE}$	36	34
Woke up too early and could not get back to sleep	36	18	38$_B$	34$_B$	41$_{BD}$

Base = Those answering
Letters indicate significant differences at the 95% confidence level.
Q33
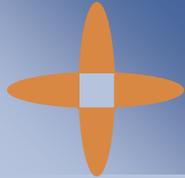
Disrupted Sleep

Respondents who either woke up during the night or woke up too early and could not get back to sleep regularly (68% of the total sample) were asked how many minutes, on average, they were awake during those instances.

Overall, these respondents reported being awake an average of 28.7 minutes when they woke up during the night or woke up too early and could not get back to sleep.

✦ Notably, about one in six respondents who woke up during the night or woke up too early (16%) were awake at least one hour.

Amount of Time Awake When Woke Up During Night or Woke Up Too Early					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Less than 5 minutes	8%	8%	8%	7%	8%
5 up to 10 minutes	16	11	18	15	16
10 up to 15 minutes	13	15	9	15	12
15 up to 30 minutes	16	21	10	17$_C$	17
30 up to 45 minutes	16	13	21$_D$	13	15
45 up to 60 minutes	5	1	6$_B$	7$_B$	4
1 hour or more	16	14	15	14	17
Don't know/Refused	12	18	11	12	12
Average (in minutes)	*28.7*	*25.2*	*29.6*	*28.5*	*29.0*

Base = Those who regularly woke up during the night or woke too early (Total n=1,024; 13-18 n=74; 19-29 n=196; 30-45 n=317; 46-64 n=437)
Letters indicate significant differences at the 95% confidence level.
Q34

Respondents who either woke up during the night or woke up too early and could not get back to sleep regularly (68% of the total sample) were then asked if they did any of the activities listed on the next page in those instances.

Overall, almost one-half of these respondents (46%) reported doing at least one of these activities when they were awake after waking up during the night or waking up too early and not being about to get back to sleep, most often watching TV (29%).

+ More than one in seven said they surfed the Internet (16%), read a printed book or magazine (16%) and/or did homework on the computer (15% of students) when they woke during the night or woke too early and could not get back to sleep.

+ Generation Z'ers and generation Y'ers among these respondents were much more likely than their older counterparts to send, read or receive text messages (35% and 21% vs. 11% generation X'ers and 4% baby boomers) and/or listen to music specifically on an mp3 player or an iPod (32% and 13% vs. 5% and 1%) when they were awake after waking up during the night or waking up too early.

+ In addition, baby boomers were the least likely age group to use a social networking site (3% vs. 17% generation Z'ers, 22% generation Y'ers and 15% generation X'ers) and/or watch a video on a computer, laptop, phone or other non-TV device (1% vs. 11%, 10% and 4%) during this time.

+ Generation Y'ers tended to be the most likely to surf the Internet when they were awake during the night or after waking too early and not being able to get back to sleep (25% vs. 14% generation Z'ers, 17% generation X'ers and 11% baby boomers).

Disrupted Sleep (continued)

Activities Performed When Woken Up During the Night or Woken Up Too Early					
		Age Group			
	Total	**Gen Z'ers (B)**	**Gen Y'ers (C)**	**Gen X'ers (D)**	**Baby Boomers (E)**
Net: Any	46%	59%$_E$	51%$_E$	48%	41%
Watch TV	29	32	27	31	28
Surf the Internet	16	14	25$_{BE}$	17$_E$	11
Read a printed book or magazine	16	16	17	16	16
Do homework on the computer[2]	15	8	18	22	11
Write or read personal emails	11	8	13	13	9
Use a social networking site	11	17$_E$	22$_E$	15$_E$	3
Send, read or receive text messages	11	35$_{CDE}$	21$_{DE}$	11$_E$	4
Do work on the computer[1]	8	n/a	6	8	10
Listen to music specifically on an mp3 player or iPod	7	32$_{CDE}$	13$_{DE}$	5$_E$	1
Write or read work-related emails	6	7	7	8	5
Play a video game or computer game	6	8	8	5	5
Talk on the phone	5	16$_{DE}$	8$_E$	4	2
Watch a video on computer, laptop, phone, etc. (not TV)	5	11$_E$	10$_E$	4$_E$	1
Read an e-book reader	2	1	3	2	1

Base = Those who regularly wake up during the night or wake too early (Total n=1,024; 13-18 n=74; 19-29 n=196; 30-45 n=317; 46-64 n=437)
[1]Base = Those who are employed and regularly wake up during the night or wake too early (Total n=671; 19-29 n=130; 30-45 n=240; 46-64 n=301)
[2]Base = Those who are in school and regularly wake up during the night or wake too early (Total n=181; 13-18 n=74; 19-29 n=83; 30-45 n=17*; 46-64 n=7*)
*Caution: Small base
n/a = Not asked
Letters indicate significant differences at the 95% confidence level.
Q35
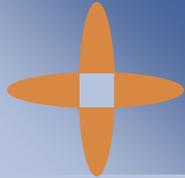
Trying to Get to Sleep

All respondents were asked how many minutes it takes them to fall asleep on most school nights, worknights or weeknights.

Overall, respondents cited an average time of 21.3 minutes to fall asleep on most weeknights.

✦ Baby boomers cited the least amount of time to fall asleep on weeknights on average (18.6 minutes vs. 23.8 minutes for generation Z'ers, 25.5 minutes for generation Y'ers and 21.2 minutes for generation X'ers).

Amount of Time Taken to Fall Asleep on Worknights/Weeknights/School Nights					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Less than 5 minutes	12%	8%	8%	13%$_{BC}$	14%$_{BC}$
5 up to 10 minutes	20	21	14	18	23$_{CD}$
10 up to 15 minutes	19	16	17	20	20
15 up to 30 minutes	20	20	21	21	18
30 up to 45 minutes	9	10	12$_E$	10	7
45 up to 60 minutes	6	9$_E$	10$_{DE}$	4	4
1 hour or more	6	6	6	6	5
Depends	8	9	11$_D$	6	8
Don't know/Refused	<1	<1	1	<1	<1
Average (in minutes)	21.3	23.8$_E$	25.5$_{DE}$	21.2$_E$	18.6

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q31
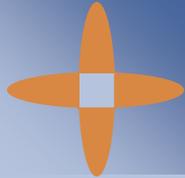
Trying to Get to Sleep (continued)

Respondents were then asked how many minutes it takes them to fall asleep on most non-school nights, non-worknights or weekends.

Overall, respondents cited an average time of 21.0 minutes to fall asleep on most weekends, very similar to what was found on weekdays (21.3 minutes, on average).

✦ On average, generation Y'ers took the longest amount of time to fall asleep on weekends (25.6 minutes vs. 21.3 minutes for generation Z'ers, 21.1 minutes for generation X'ers and 18.5 minutes for baby boomers).

Amount of Time Taken to Fall Asleep on Non-Worknights/Weekends/Non-School Nights					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Less than 5 minutes	12%	10%	8%	13%$_C$	13%$_C$
5 up to 10 minutes	21	24	18	18	24$_{CD}$
10 up to 15 minutes	20	17	17	21	21
15 up to 30 minutes	20	20	21	21	18
30 up to 45 minutes	8	7	10	8	7
45 up to 60 minutes	5	4	7$_E$	6	3
1 hour or more	7	8	10$_E$	6	5
Depends	8	10	8	7	8
Don't know/Refused	1	<1	1	<1	1
Average (in minutes)	21.0	21.3	25.6$_{BDE}$	21.1$_E$	18.5

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q32

48

Getting a Good Night's Sleep

All respondents surveyed were asked how often they can say "I had a good night's sleep" on school nights, worknights or weeknights, using a scale of every night, almost every night, rarely or never.

Overall, more than one-half (56%) said they get a good night's sleep every night or almost every night on weeknights.

✦ Among the age cohorts analyzed, baby boomers tended to be the most likely to report getting a good night's sleep every night or almost every night on weeknights (61% vs. 53% generation Z'ers, 49% generation Y'ers and 56% generation X'ers).
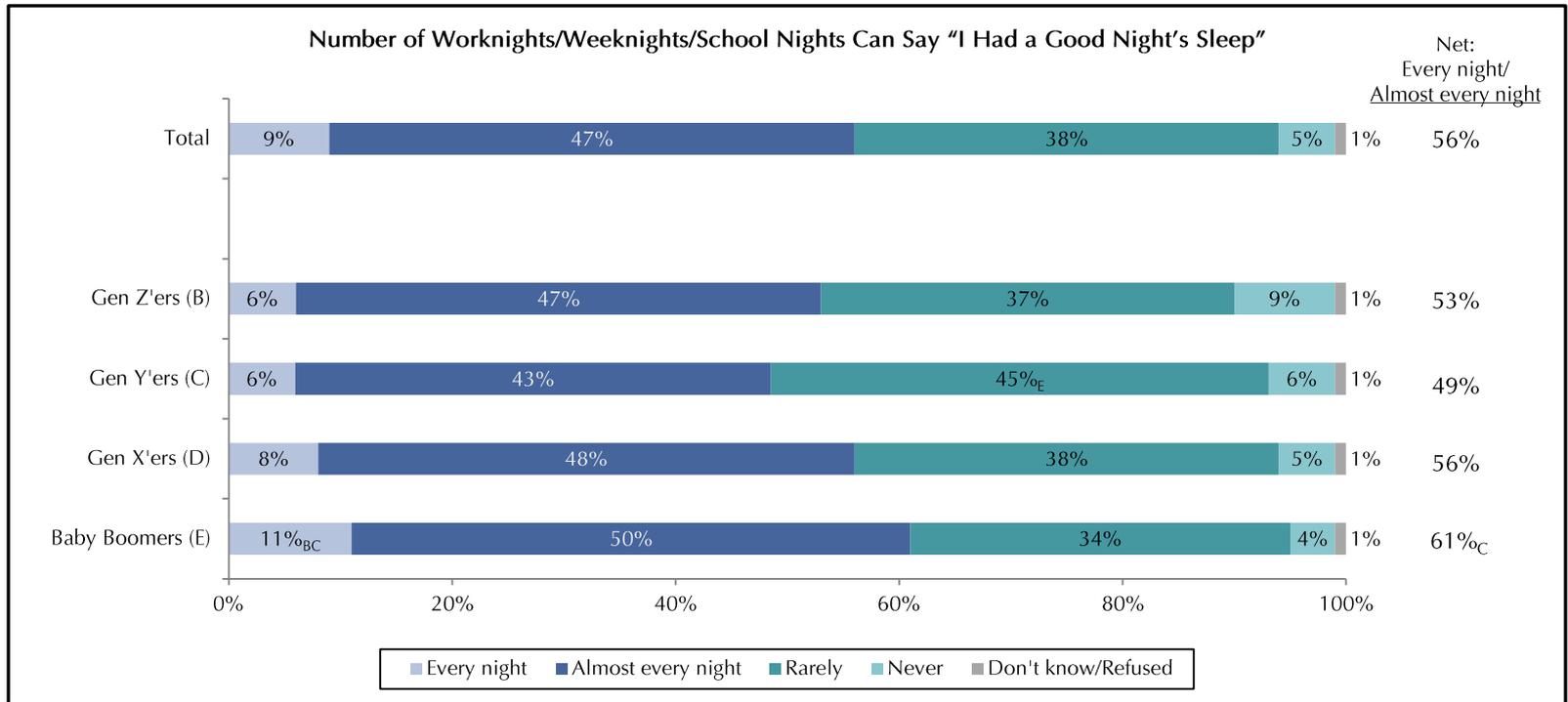
Number of Worknights/Weeknights/School Nights Can Say "I Had a Good Night's Sleep"

Net: Every night/ Almost every night

Cohort	Every night	Almost every night	Rarely	Never	Don't know/Refused	Net
Total	9%	47%	38%	5%	1%	56%
Gen Z'ers (B)	6%	47%	37%	9%	1%	53%
Gen Y'ers (C)	6%	43%	45%E	6%	1%	49%
Gen X'ers (D)	8%	48%	38%	5%	1%	56%
Baby Boomers (E)	11%BC	50%	34%	4%	1%	61%C

Legend: ■ Every night ■ Almost every night ■ Rarely ■ Never ■ Don't know/Refused

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q12
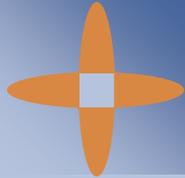
All respondents surveyed were asked how often they can say "I had a good night's sleep" on non-school nights, non-worknights or weekends, using a scale of every night, almost every night, rarely or never.

Overall, about seven in ten (71%) said they get a good night's sleep every night or almost every night on weekends, compared to 56% on weeknights.

✦ Generation Z'ers were much more likely than their older counterparts to report getting a good night's sleep every night or almost every night on weekends (83% vs. 71% generation Y'ers, 70% generation X'ers and 68% baby boomers).
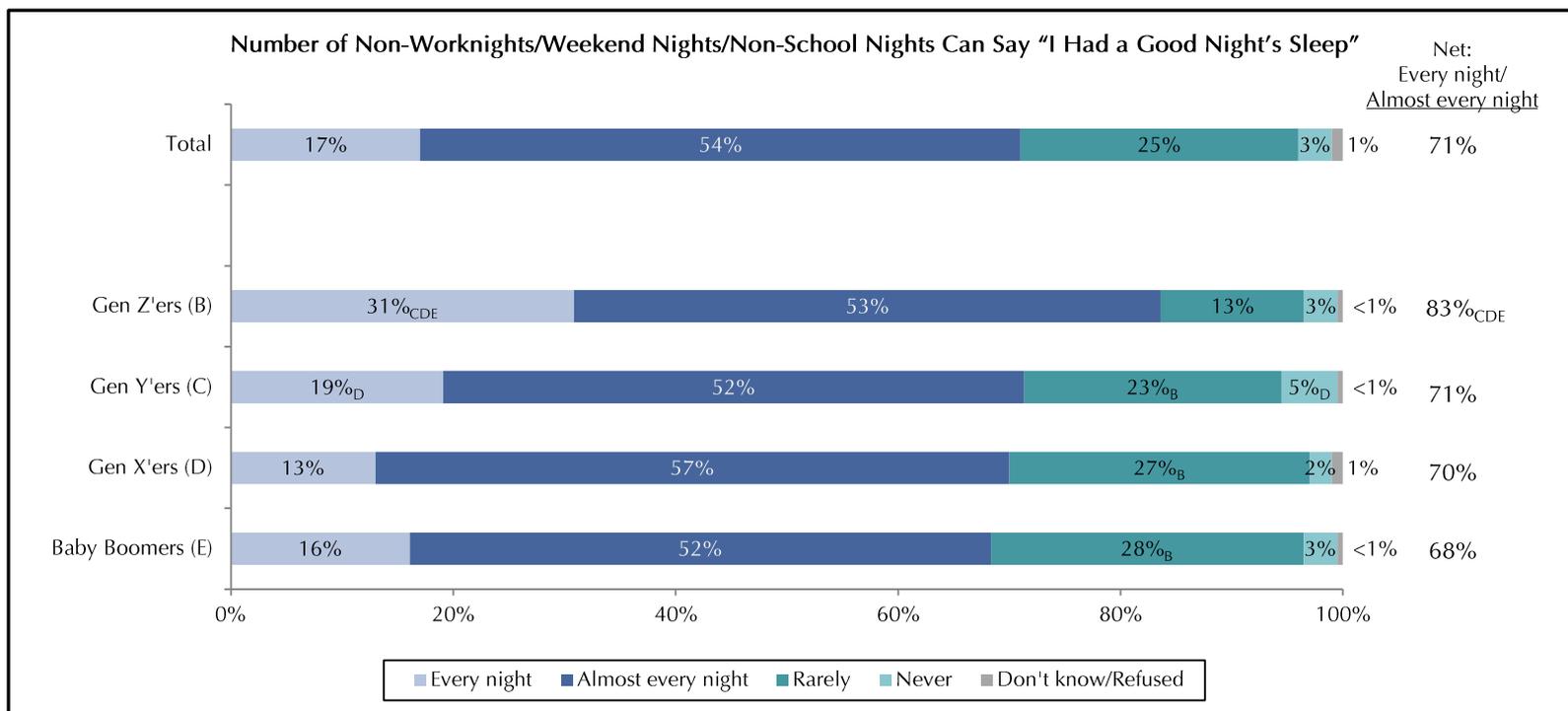
Number of Non-Worknights/Weekend Nights/Non-School Nights Can Say "I Had a Good Night's Sleep"

Net:
Every night/
Almost every night

	Every night	Almost every night	Rarely	Never	Don't know/Refused	Net
Total	17%	54%	25%	3%	1%	71%
Gen Z'ers (B)	31%CDE	53%	13%	3%	<1%	83%CDE
Gen Y'ers (C)	19%D	52%	23%B	5%D	<1%	71%
Gen X'ers (D)	13%	57%	27%B	2%	1%	70%
Baby Boomers (E)	16%	52%	28%B	3%	<1%	68%

■ Every night ■ Almost every night ■ Rarely ■ Never ■ Don't know/Refused

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q13
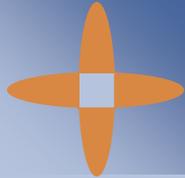
Sleep Needs Being Met

Respondents were asked how many hours of sleep they need to function at their best during the day.

Overall, respondents reported needing an average of 7 hours 28 minutes to function at their best during the day.

✦ Generation Z'ers cited needing the longest amount of sleep to function at their best during the day (8 hours 7 minutes vs. 7 hours 39 minutes for generation Y'ers, 7 hours 25 minutes for generation X'ers and 7 hours 14 minutes for baby boomers).

✦ In fact, about one in six generation Z'ers (16%) said they needed at least nine hours of sleep to function at their best, compared to 10% of generation Y'ers, 7% of generation X'ers and 4% of baby boomers.
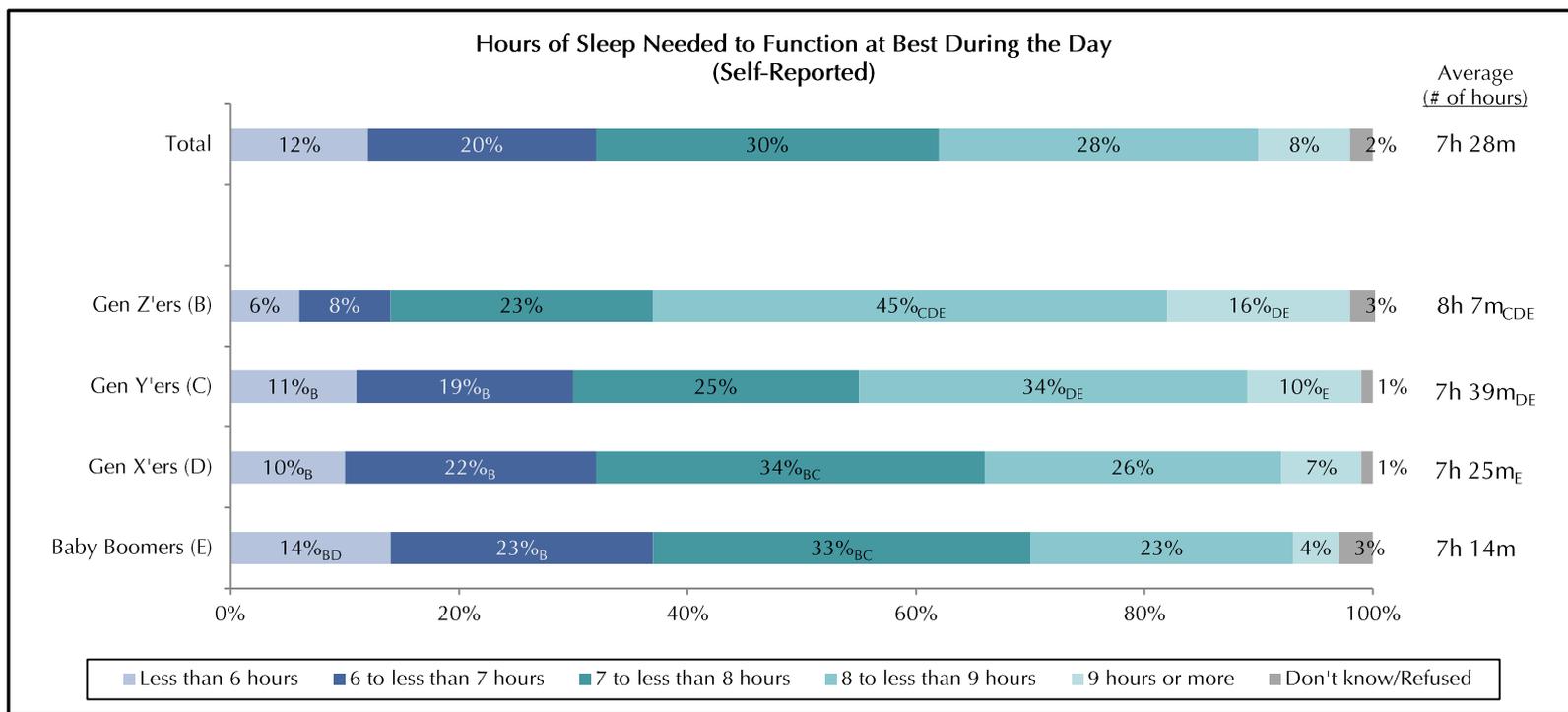
Hours of Sleep Needed to Function at Best During the Day
(Self-Reported)

	Less than 6 hours	6 to less than 7 hours	7 to less than 8 hours	8 to less than 9 hours	9 hours or more	Don't know/Refused	Average (# of hours)
Total	12%	20%	30%	28%	8%	2%	7h 28m
Gen Z'ers (B)	6%	8%	23%	45%$_{CDE}$	16%$_{DE}$	3%	8h 7m$_{CDE}$
Gen Y'ers (C)	11%$_B$	19%$_B$	25%	34%$_{DE}$	10%$_E$	1%	7h 39m$_{DE}$
Gen X'ers (D)	10%$_B$	22%$_B$	34%$_{BC}$	26%	7%	1%	7h 25m$_E$
Baby Boomers (E)	14%$_{BD}$	23%$_B$	33%$_{BC}$	23%	4%	3%	7h 14m

Legend: ■ Less than 6 hours ■ 6 to less than 7 hours ■ 7 to less than 8 hours ■ 8 to less than 9 hours ■ 9 hours or more ■ Don't know/Refused

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q16
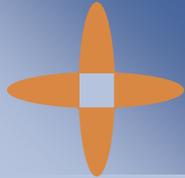
When comparing the hours of sleep they say they need to the hours of sleep they are actually getting on school days, workdays or weekdays, the proportion getting sufficient sleep was calculated.

Overall, about one-third (35%) were getting at least the amount of sleep they needed to function at their best during the day, while more than six in ten (63%) were getting less sleep than they needed on weeknights.

✦ Generation Z'ers, generation Y'ers and generation X'ers were each more likely than baby boomers to get less sleep than they said they needed on weeknights to function at their best during the day (67%, 67% and 65% vs. 58%).
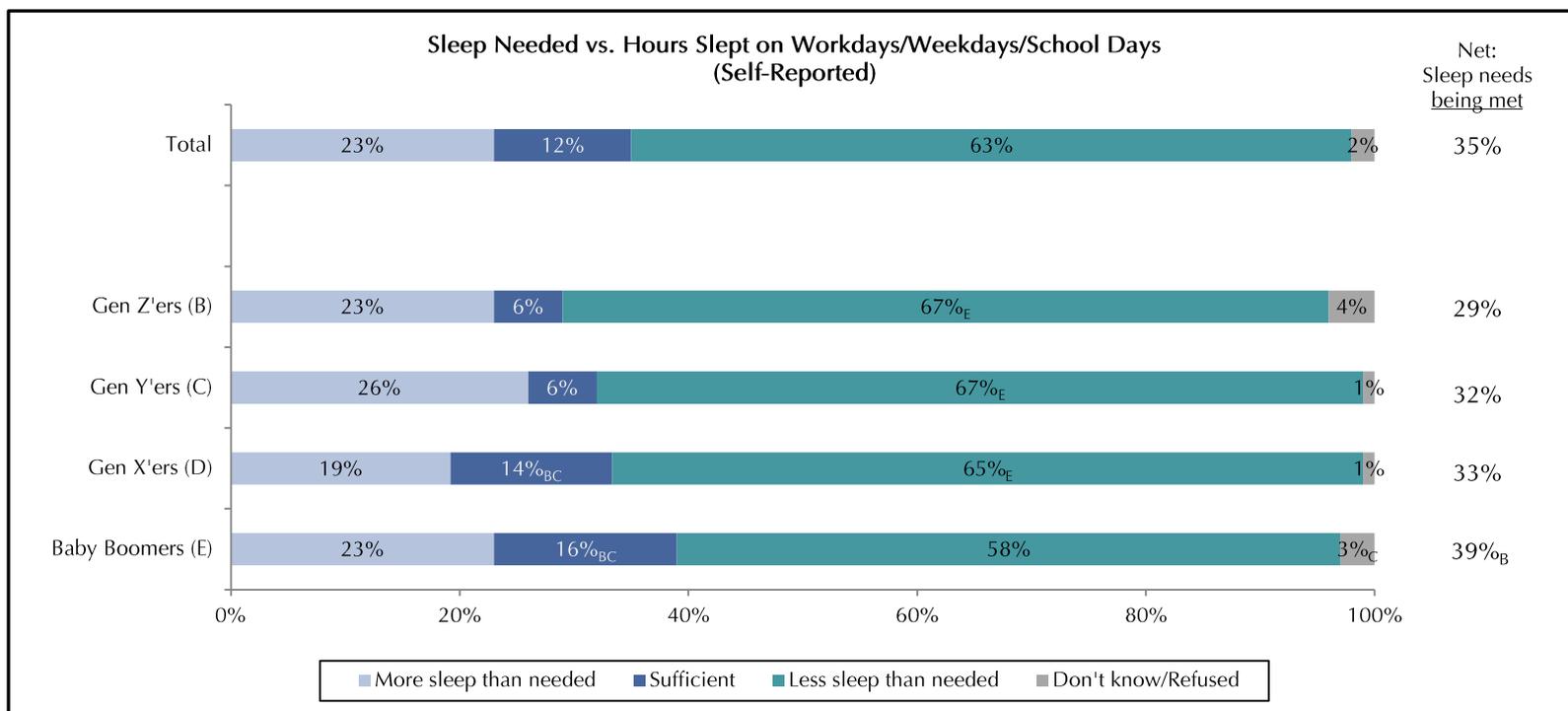
Sleep Needed vs. Hours Slept on Workdays/Weekdays/School Days (Self-Reported)

Net: Sleep needs being met

	More sleep than needed	Sufficient	Less sleep than needed	Don't know/Refused	Net: Sleep needs being met
Total	23%	12%	63%	2%	35%
Gen Z'ers (B)	23%	6%	67%E	4%	29%
Gen Y'ers (C)	26%	6%	67%E	1%	32%
Gen X'ers (D)	19%	14%BC	65%E	1%	33%
Baby Boomers (E)	23%	16%BC	58%	3%C	39%B

Legend: ■ More sleep than needed ■ Sufficient ■ Less sleep than needed ■ Don't know/Refused

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q5/Q16
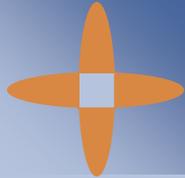
Respondents whose reported sleep needs were being met on weeknights (35% of the total sample) slept an average of 7 hours 22 minutes on weeknights.

✦ Among those whose sleep needs were being met on weeknights, generation Z'ers reported the most sleep on weeknights on average (8 hours 13 minutes), while generation Y'ers (7 hours 38 minutes) also reported more sleep than generation X'ers (7 hours 10 minutes) and baby boomers (7 hours 13 minutes).

Conversely, respondents whose reported sleep needs *not* being met on weeknights (63% of the total sample) slept an average of 6 hours 40 minutes on weeknights, or an average of 42 minutes less than those whose sleep needs were being met.

✦ Among those whose sleep needs were *not* being met on weeknights, generation Z'ers reported the most sleep on weeknights on average (7 hours 5 minutes vs. 6 hours 43 minutes for generation Y'ers, 6 hours 37 minutes for generation X'ers and 6 hours 34 minutes for baby boomers), although more than one hour *less* sleep on average than generation Z'ers whose sleep needs were being met.

|		Age Group			
Sleep Needs Being Met on Workdays/Weekdays/School Days (Self-Reported)					
	Total	**Gen Z'ers (B)**	**Gen Y'ers (C)**	**Gen X'ers (D)**	**Baby Boomers (E)**
n =	(1,508)	(171)	(293)	(469)	(575)
Sleep needs are being met	35%	29%	32%	33%	39%$_B$
Average (# of hours of sleep)[1]	*7h 22m*	*8h 13m$_{CDE}$*	*7h 38m$_{DE}$*	*7h 10m*	*7h 13m*
Sleep needs are <u>not</u> being met	63%	67%$_E$	67%$_E$	65%$_E$	58%
Average (# of hours of sleep)[2]	*6h 40m*	*7h 5m$_{CDE}$*	*6h 43m*	*6h 37m*	*6h 34m*
Don't know/Refused	2%	4%	1%	1%	3%$_C$

Base = Total sample
[1]Base = Those whose sleep needs are being met on workdays/weekdays/school days
[2]Base = Those whose sleep needs are not being met on workdays/weekdays /school days
Letters indicate significant differences at the 95% confidence level.
Q5, Q16
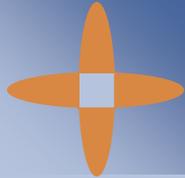
Sleep Needs Being Met (continued)

All respondents surveyed were asked if their current school or workday schedule or weekday routine allows them to get adequate sleep.

Overall, despite only 35% reporting that they get the amount of sleep they need on weeknights, about seven in ten (71%) said they that their current school or workday schedule or weekday routine allows them to get adequate sleep.

+ Baby boomers were the most likely age cohort to say their weekday schedules allows them to get adequate sleep (81% vs. 60% generation Z'ers, 64% generation Y'ers and 67% generation X'ers), with about one-third or more of the younger cohorts saying their weekday schedules do no all them to get adequate sleep (38% generation Z'ers, 35% generation Y'ers and 32% generation X'ers vs. 19% baby boomers).

Current School Schedule/Workday Schedule/Typical Weekday Routine Allows Adequate Sleep

Group	Yes	No	Don't know
Total	71%	28%	1%
Gen Z'ers (B)	60%	38%$_E$	2%
Gen Y'ers (C)	64%	35%$_E$	1%
Gen X'ers (D)	67%	32%$_E$	1%
Baby Boomers (E)	81%$_{BCD}$	19%	1%

Legend: ■ Yes ■ No ■ Don't know

Base = Total sample (Total n=1,508; 13-18 n=171; 19-29 n=293; 30-45 n=469; 46-64 n=575)
Letters indicate significant differences at the 95% confidence level.
Q17

Respondents who said their weekday schedules did not allow them to get adequate sleep (28% of the total sample) were asked how their inadequate sleep impacts their work, school work, social life or leisure activities, family life or home responsibilities, mood and intimate or sexual relations, using a scale of major impact, some impact or no impact.

Overall, the vast majority of these respondents able to rate (94%) indicated that not getting an adequate amount of sleep impacted (major or some impact) at least one of these aspects in their daily lives, with about one-half (51%) saying it majorly impacts at least one of these aspects.

✦ Most often, these respondents indicated that their mood (85%) and/or school work (83% of students) were impacted because of not getting enough sleep.

✦ Approximately seven in ten mentioned that not getting enough sleep impacts their family life or home responsibilities (72%), work (71% of those employed) and/or social life or leisure activities (68%).

✦ About six in ten (61% of those aged 19-64) said their intimate or sexual relations are impacted because of not getting enough sleep.

Impact of "Not Getting Enough Sleep"

Category	Major impact	Some impact	Total
Net: Any	51%	43%	94%
Mood	30%	55%	85%
School work[2]	35%	48%	83%
Family life or home responsibilities	20%	51%	72%
Work[1]	14%	57%	71%
Social life or leisure activities	18%	50%	68%
Intimate or sexual relations	21%	40%	61%

■ Major impact ■ Some impact
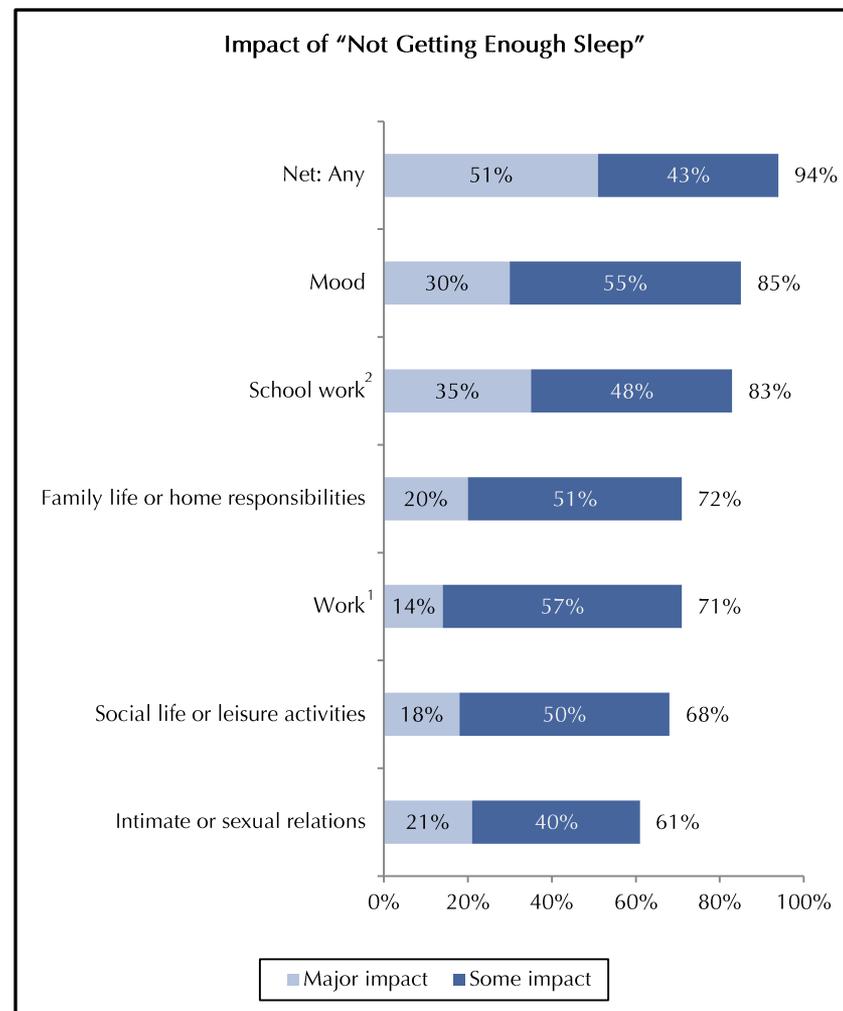
Base = Those who do not get adequate sleep and able to rate (n=310-430)
[1]Base = Those who are employed and do not get adequate sleep and able to rate (n=276)
[2]Base = Those who are in school and do not get adequate sleep and able to rate (n=145)
Letters indicate significant differences at the 95% confidence level.
Q18

Among the different age groups of these respondents, there were no major differences in the impact of not getting enough sleep on aspects of their daily lives, although generation Z'ers were more likely than generation X'ers and baby boomers to say that it impacted any of these aspects (99% vs. 91% and 91%, respectively).

Impact of "Not Getting Enough Sleep"					
			Age Group		
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Any impact n =	(145-430)	(67-77)	(58-111)	(16*-148)	(4*-102)
Net: Any	94%	99%$_{DE}$	97%	91%	91%
Mood	85	87	84	84	86
School work[1]	83	84	82	81	100$_{BC}$
Family life or home responsibilities	72	73	71	75	68
Work[2]	71	n/a	63	74	74
Social life or leisure activities	68	68	72	67	64
Intimate or sexual relations	61	n/a	55	68	55

Base = Those who do not get adequate sleep and able to rate
[1]Base = Those who are employed and do not get adequate sleep and able to rate
[2]Base = Those who are in school and do not get adequate sleep and able to rate
*Caution: Small base
n/a = Not asked
Letters indicate significant differences at the 95% confidence level.
Q18
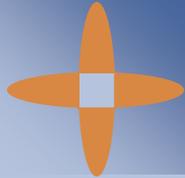
Caffeinated Beverages

Respondents were asked how many 12 ounce servings of caffeinated beverages – such as soda, soft drinks, coffee, tea and energy drinks – they consumed on an average school day, workday or weekday.

Overall, about three-fourths (74%) reported that they consumed any caffeinated beverages on an average weekday, consuming an average of about three caffeinated beverages (3.1).

✦ While generation X'ers and baby boomers were much more likely than their younger counterparts to drink any caffeinated beverages (78% and 78% vs. 60% generation Z'ers and 67% generation Y'ers), caffeine consumption was prevalent across all age groups, with each age group drinking about three caffeinated beverages on average (3.1 for generation Z'ers, 2.7 for generation Y'ers, 3.5 for generation X'ers and 3.0 for baby boomers).

Number of Caffeinated Beverages Consumed on Average Workday/Weekday/School Day					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any beverages	74%	60%	67%	78%$_{BC}$	78%$_{BC}$
1 beverage	15	13	18	15	15
2 beverages	18	19	17	20	18
3 beverages	13	7	10	15$_{BC}$	14$_{B}$
4-6 beverages	18	12	14	18$_{B}$	23$_{BC}$
6-10 beverages	9	6	7	10	11$_{B}$
More than 10 beverages	4	7	3	4	3
None	25	33$_{DE}$	32$_{DE}$	21	21
Don't know/Refused	2	7$_{CDE}$	<1	1	1
Average (# of beverages)	*3.1*	*3.1*	*2.7*	*3.5*	*3.0*

Base = Total sample
Letters indicate significant differences at the 95% confidence level.
Q14

Napping

Respondents were asked how many total naps they took on school days, workdays or weekdays and how many total naps they took on non-school days, non-workdays or weekends in the past two weeks.

Overall, more than four in ten took any naps on weekdays (44%) and/or on weekends (44%), on average taking about one nap (average of 1.4 naps on weekdays and 1.0 naps on weekends).

✦ Generation Z'ers and generation Y'ers were much more likely than their older counterparts to have taken any naps on weekdays (53% and 52% vs. 38% generation X'ers and 41% baby boomers), but generation X'ers and baby boomers were both more likely to take any naps on weekends than generation Z'ers (46% and 47% vs. 33%, respectively).

✦ Notably, the proportion of generation Z'ers who took any naps decreased dramatically from weekdays (53%) to weekends (33%), perhaps an indication that they are making up for their lack of sleep during the weekdays on weekends.

Respondents who took naps on school days, workdays or weekdays (44% of the total sample) and those who took naps on non-school days, non-workdays or weekends (44% of the total sample) were asked how many minutes they usually napped for on those days.

Overall, respondents who napped typically did so for about 40 minutes (37.7 minutes on weekdays and 42.9 minutes on weekends).

✦ In addition to napping more on weekdays, generation Z'ers and generation Y'ers took longer naps than their older counterparts on weekdays (42.8 minutes and 44.7 minutes vs. 35.1 minutes for generation X'ers and 32.9 minutes for baby boomers, on average).

✦ On weekends, though baby boomers were among the most likely age cohorts to take naps on weekends, they took the shortest naps on weekends (39.2 minutes vs. 45.6 minutes for generation Z'ers, 48.9 minutes for generation Y'ers and 43.4 minutes for generation X'ers).

Napping					
		Age Group			
	Total	**Gen Z'ers (B)**	**Gen Y'ers (C)**	**Gen X'ers (D)**	**Baby Boomers (E)**
Workdays/Weekdays/School Days n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any naps	44%	53%$_{DE}$	52%$_{DE}$	38%	41%
1-2 naps	25	27	30	25	23
3-5 naps	13	17	15	11	12
6-10 naps	4	7$_{D}$	5$_{D}$	2	5$_{D}$
More than 10 naps	2	3	3	1	2
No naps	56	46	47	61$_{BC}$	58$_{BC}$
Don't know	1	1	<1	<1	1
Average # of naps taken	*1.4*	*1.9$_{DE}$*	*1.8$_{DE}$*	*1.0*	*1.4$_{D}$*
Average amount of time napping (in minutes)[1]	*37.7*	*42.8$_{DE}$*	*44.7$_{DE}$*	*35.1*	*32.9*
Non-Workdays/Weekends/Non-School Days n=	(1,508)	(171)	(293)	(469)	(575)
Net: Any naps	44%	33%	41%	46%$_{B}$	47%$_{B}$
1-2 naps	34	18	31$_{B}$	39$_{BC}$	37$_{B}$
3-5 naps	8	11	9	6	7
More than 5 naps	2	5$_{D}$	1	1	3
No naps	55	66$_{DE}$	58	53	52
Don't know	1	1	<1	<1	1
Average # of naps taken	*1.0*	*1.0*	*0.9*	*0.9*	*1.1*
Average amount of time napping (in minutes)[2]	*42.9*	*45.6$_{E}$*	*48.9$_{DE}$*	*43.4$_{E}$*	*39.2*

Base = Total sample
[1]Base = Those who take naps on school days, workdays or weekdays (Total n=663; 13-18 n=93; 19-29 n=160; 30-45 n=179; 46-64 n=231)
[2]Base = Those who take naps on non-school days, non-workdays or weekends (Total n=668; 13-18 n=60; 19-29 n=126; 30-45 n=216; 46-64 n=266)
Letters indicate significant differences at the 95% confidence level.
Q8, Q9, Q10, Q11
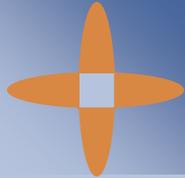
Epworth Sleepiness Scale (ESS)

All respondents were asked how likely they were to doze off or fall asleep while doing each of the following activities, using a scale of no chance, slight chance, moderate change or high chance: sitting and reading, watching TV, sitting inactive in a public place such as a theater or meeting or classroom, in a car while stopped for a few minutes in the traffic, as a passenger in a car for an hour without a break, sitting and talking to someone, sitting quietly after a lunch without alcohol, and lying down to rest in the afternoon when circumstances permit. Their ratings were used to determine their categorization on the Epworth Sleepiness Scale (ESS), where those who scored 0-10 were categorized as "normal" and those who scored 11-24 were categorized as "sleepy."

✦ Among those who were able to rate every attribute of the Epworth Sleepiness scale, the majority (87%) were categorized as "normal," while more than one in ten (13%) were categorized as "sleepy."

Epworth Sleepiness Scale (ESS)

Sleepy (11-24)
13%

Normal (0-10)
87%
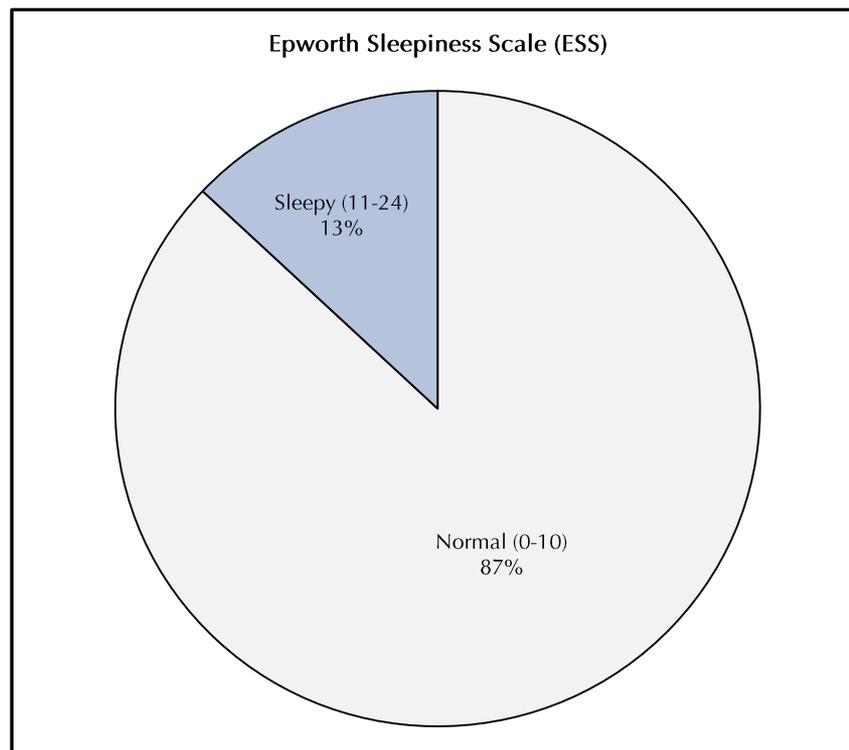
Base = Those able to rate all ESS attributes (n=1,439)
Q15
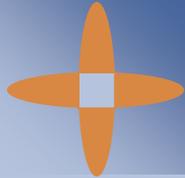
Epworth Sleepiness Scale (ESS) (continued)

Analyzing the data for the Epworth Sleepiness Scale reveals some differences between the different age groups.

✦ Specifically, generation Z'ers tended to be the most likely to be categorized as "sleepy" on the Epworth Sleeping Scale (22% vs. 16% generation Y'ers, 11% generation X'ers and 9% baby boomers).

✦ In contrast, about nine in ten baby boomers (91%) and generation X'ers (89%) were categorized as "normal," compared to 84% of generation Y'ers and 78% of generation Z'ers.

Epworth Sleeping Scale (ESS)

	Normal (0-10)	Sleepy (11-24)
Total	87%	13%
Gen Z'ers (B)	78%	22%$_{DE}$
Gen Y'ers (C)	84%	16%$_E$
Gen X'ers (D)	89%$_B$	11%
Baby Boomers (E)	91%$_{BC}$	9%
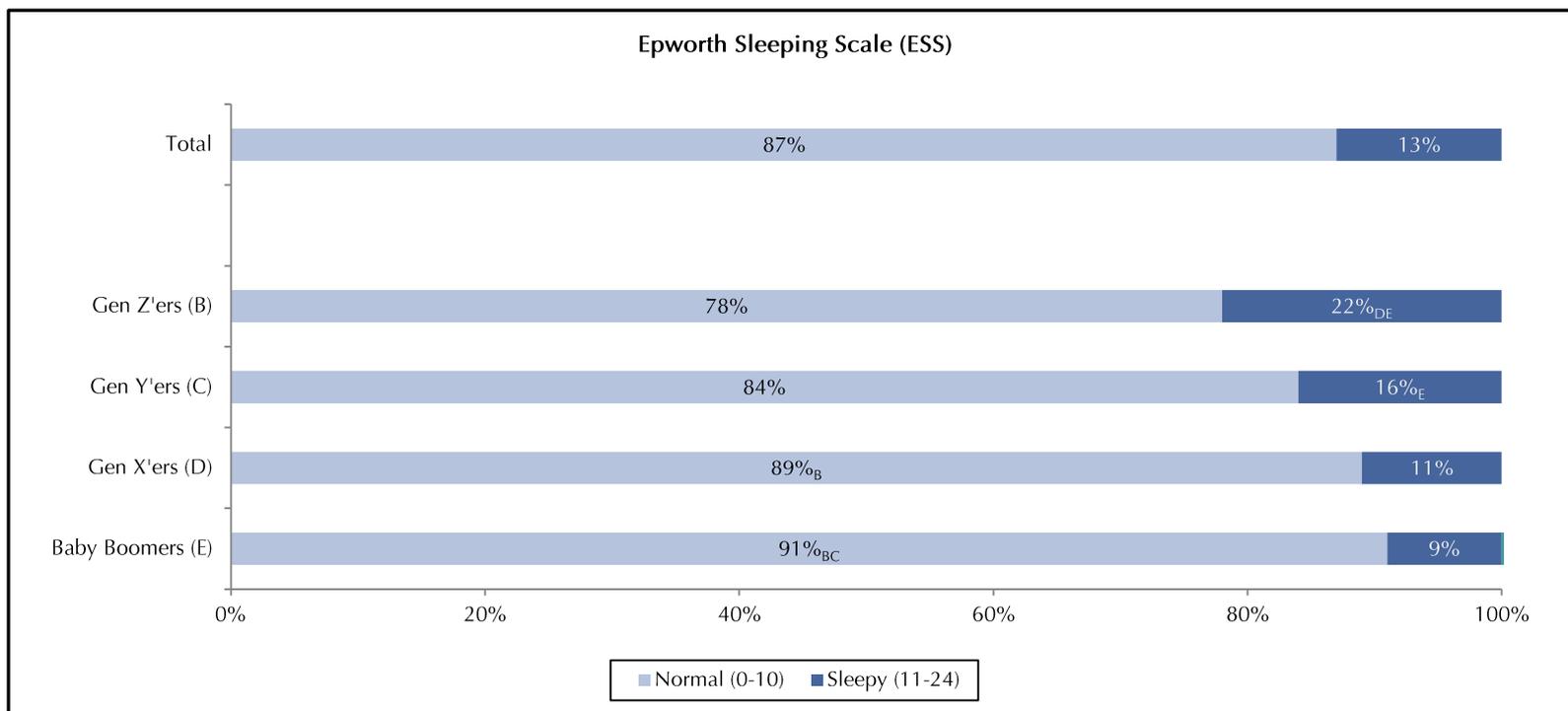
Base = Those able to rate all ESS attributes (Total n=1,439; 13-18 n=165; 19-29 n=281; 30-45 n=448; 46-64 n=545)
Letters indicate significant differences at the 95% confidence level.
Q15
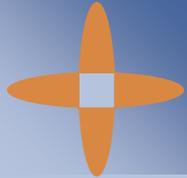
Drowsy Driving

Respondents were asked how many times in the past month they have driven a car or motor vehicle while feeling drowsy.

Among those who drove and answering, about one-half (52%) indicated that they have driven drowsy, with more than one-third (37%) doing so in the past month.

✦ Generation Y'ers were the age group most likely to report ever driving drowsy (66% vs. 42% generation Z'ers, 57% generation X'ers and 44% baby boomers) and at least once in the past month (50% vs. 30%, 40% and 28%).
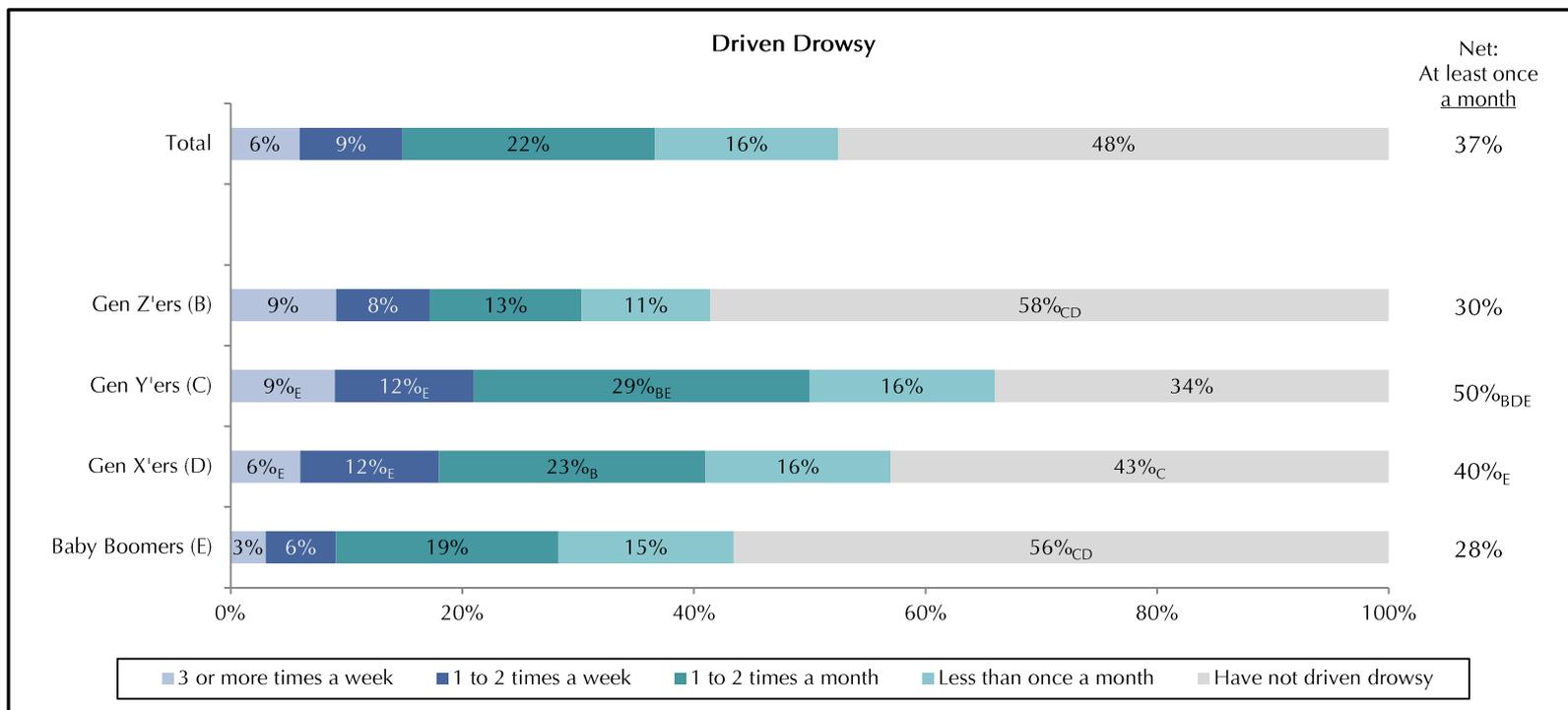
Driven Drowsy

	Net: At least once a month
Total: 6% | 9% | 22% | 16% | 48%	37%
Gen Z'ers (B): 9% | 8% | 13% | 11% | 58%CD	30%
Gen Y'ers (C): 9%E | 12%E | 29%BE | 16% | 34%	50%BDE
Gen X'ers (D): 6%E | 12%E | 23%B | 16% | 43%C	40%E
Baby Boomers (E): 3% | 6% | 19% | 15% | 56%CD	28%

Legend: ■ 3 or more times a week ■ 1 to 2 times a week ■ 1 to 2 times a month ■ Less than once a month ■ Have not driven drowsy

Base = Those who drive and answering (Total n=1,361; 13-18 n=78; 19-29 n=265; 30-45 n=458; 46-64 n=560)
Letters indicate significant differences at the 95% confidence level.
Q36

All respondents were then asked if they were aware of the *National Sleep Foundation*.

✦ One-third of the respondents (33%) are aware of the *National Sleep Foundation*.
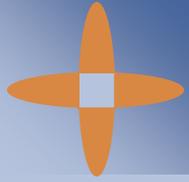
Awareness of *National Sleep Foundation*

- Don't know 3%
- Yes 33%
- No 64%
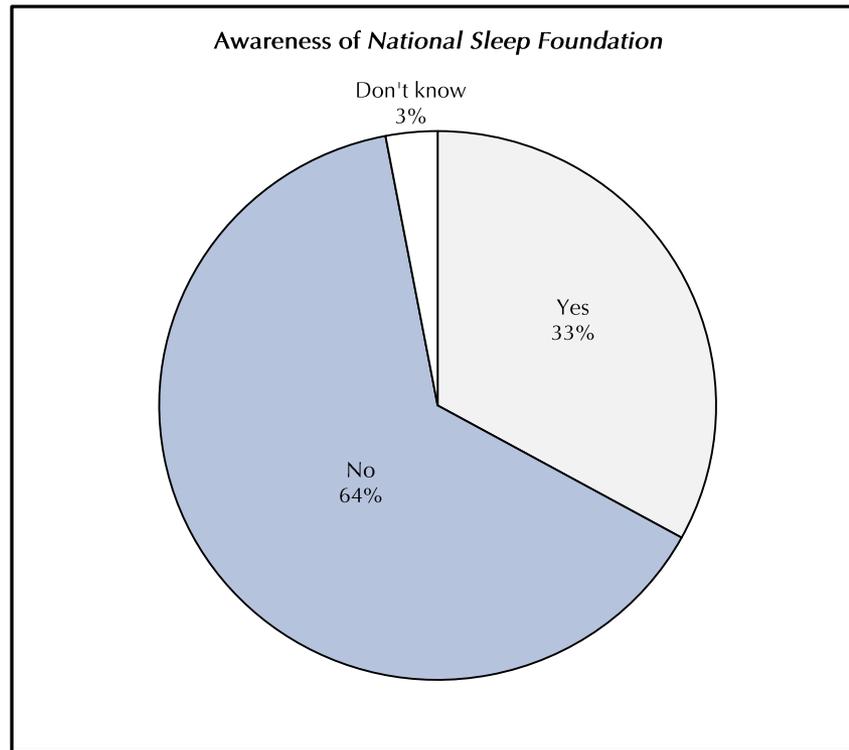
Base = Total sample (n=1,508)
D4
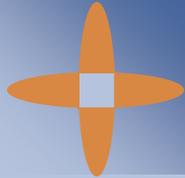
Characteristics of Respondents

The following tables chart the characteristics of the respondents surveyed.

Characteristics of Respondents					
		Age Group			
	Total	Gen Z'ers (B)	Gen Y'ers (C)	Gen X'ers (D)	Baby Boomers (E)
Employment Status (Past Month)[1] n =	(1,508)	(171)	(293)	(469)	(575)
Working	64%	n/a%	63%	79%$_{CE}$	71%$_C$
Enrolled as student	22	100$_{CDE}$	42$_{DE}$	6$_E$	2
Not currently employed or enrolled as student	19	n/a	12	18$_C$	28$_{CD}$
Refused	<1	n/a	-	-	<1
Region n =	(1,508)	(171)	(293)	(469)	(575)
Northeast	17%	23%$_D$	18%	15%	17%
Midwest	22	23	18	24	23
South	37	33	35	39	38
West	23	21	29$_{DE}$	22	22

Base = Total sample
[1]Multiple Responses Accepted
n/a = Not asked
Letters indicate significant differences at the 95% confidence level.
S2, S3
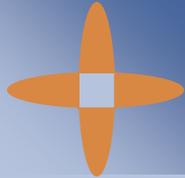
Characteristics of Respondents (continued)

| Characteristics of Respondents (continued)					
		Age Group			
	Total	**Gen Z'ers (B)**	**Gen Y'ers (C)**	**Gen X'ers (D)**	**Baby Boomers (E)**
Marital Status　　　　n =	(1,501)	(171)	(293)	(468)	(569)
Married or partnered	54%	n/a%	18%	71%$_C$	77%$_{CD}$
Single	33	100$_{CDE}$	68$_{DE}$	16$_E$	8
Divorced	6	n/a	2	6$_C$	9$_{CD}$
Living with someone	4	n/a	9$_E$	5	3
Separated	2	n/a	2	2	1
Widowed	1	n/a	1	<1	2$_D$
Ethnicity[1,2]　　　　n =	(1,508)	(171)	(293)	(469)	(575)
White/Caucasian	80%	65%	69%	82%$_{BC}$	89%$_{BCD}$
Black/African-American	8	10	13$_{DE}$	7	6
Asian	6	12$_{DE}$	10$_E$	6$_E$	2
Hispanic	7	16$_{DE}$	11$_E$	6	4
Other	7	18$_{DE}$	12$_{DE}$	5	4
Don't know/Refused	2	1	2	2	2
Gender[1]　　　　n =	(1,508)	(171)	(293)	(469)	(575)
Male	50%	54%	46%	48%	53%
Female	50	46	54	52	47

Base = Those answering
[1]Base = Total sample
[2]Multiple Responses Accepted
n/a = Not asked
Letters indicate significant differences at the 95% confidence level.
D1, D2/D3, S4
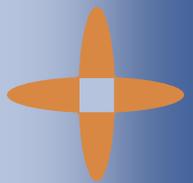
Appendix
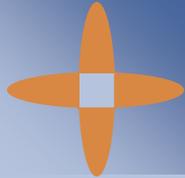
Because in research the entire population is typically not interviewed, but rather a sample of that population is surveyed, the data are subject to sampling error. A sample size of 1,508 will yield data with a maximum fluctuation of ±2.5 percentage points at the 95% confidence level. However, the actual standard error may be smaller, depending on the data being examined. Standard errors are shown below for various study percentages and by age, at the 95% confidence level:

If the study percentage is around:	50%	40% or 60%	30% or 70%	20% or 80%	10% or 90%	1% or 99%
Then, the standard error in percentage points is:						
Total Sample (n=1,508)	±2.5	±2.5	±2.3	±2.0	±1.5	±0.5
Generation Z'ers (n=171)	±7.5	±7.3	±6.9	±6.0	±4.5	±1.5
Generation Y'ers (n=293)	±5.7	±5.6	±5.2	±4.6	±3.4	±1.1
Generation X'ers (n=469)	±4.5	±4.4	±4.1	±3.6	±2.7	±0.9
Baby Boomers (n=575)	±4.1	±4.0	±3.7	±3.3	±2.5	±0.8

For example, if a question yielded a percentage of 20% among the Total Sample, then we can be sure 95 out of 100 times that the true percentage would lie between 18.0% and 22.0% (20% ±2.0 percentage points).

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wba MARKET RESEARCH

NATIONAL SLEEP FOUNDATION
2011 *SLEEP IN AMERICA* POLL: SLEEP & TECHNOLOGY
SCREENING QUESTIONNAIRE

Age	Target		Region	Quota		Gender	Max
13-18	79		Northeast	137		Male	413
19-29	159		Midwest	170		Female	413
30-45	221		South	283		Total	750
46-64	291		West	160			
Total	750		Total	750			

IF NAMED SAMPLE: May I please speak with <INSERT NAME FROM SAMPLE>?

INTERVIEWER NOTE: You may also speak with anyone aged 13-64 even if they are not a head of the household.

IF NO NAME IN SAMPLE: May I please speak with someone in the household between the ages of 16 to 64?

Hello, my name is _____ with WB&A, a national public opinion company. I am calling on behalf of the National Sleep Foundation to conduct the annual Sleep in America poll, a survey about sleep among people in America. This is not a sales call; it is a national research study. Your responses will be kept strictly confidential. This call may be monitored or recorded for quality assurance purposes.

(ONLY IF ASKED, READ: This survey will take approximately 15 minutes of your time, depending on your responses.)

OPTIONAL CUSTOMIZATION:

MUST SAY:	**CAN** SAY:	**CAN'T** SAY:
• Name • With WB&A Market Research on behalf of the National Sleep Foundation • Conducting a survey/research study • Call may be monitored or recorded for quality assurance purposes	• Client – National Sleep Foundation • Topic – The annual Sleep in America poll, to learn about your sleep and how it affects your daily activities • Got name/number – Randomly generated phone numbers based on census regions across the United States • Length – 15 minutes, on average (depending on answers) • Not selling anything	• Background of why we're doing it (beyond "topic" mentioned in intro) • Theme of Poll

NOTE: You can use any words you choose to make these points, but you must be *appropriate and professional* (as determined by monitoring supervisor)

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READ: First, I have just a few questions to make sure we speak to a variety of people all over the United States.

S1. What is your age? _____ (998=REFUSED. **IF 000-012 OR 065-997, ASK TO SPEAK TO SOMEONE IN HOUSEHOLD BETWEEN THE AGES OF 16 AND 64. IF 013-015, ASK TO GET PERMISSION FROM PARENT BEFORE BEGINNING. IF 065-998, THANK AND TERMINATE.)**

[PROGRAMMING NOTE: **IF REFUSE S1, HAVE TEXT APPEAR:** Again, I just wanted to remind you that the reason we ask this question is to make sure that we speak with a variety of people all over the United States. All of your responses will be kept strictly confidential. We cannot continue with the survey without a response to this question.]

[PROGRAMMING NOTE: **IF 13-15 YEARS OF AGE IN S1:** Could I please speak to a parent or adult in the household? **(ONCE CONNECTED WITH ADULT)** Hello, my name is _____ with WB&A, a national public opinion company. I am calling on behalf of the National Sleep Foundation to conduct the annual Sleep in America poll, a survey about sleep among people in America. This is not a sales call; it is a national research study. With your permission, we'd like to ask the child we were speaking with questions about their sleep habits, including what time they wake in the morning, if they think they get enough sleep, etc.]

01   Child is available now   →   **CONTINUE TO S3 WITH CHILD**
02   Child not available now   →   **SCHEDULE CALLBACK FOR CHILD SURVEY**
98   Refused to let child do survey   →   **ASK IF THEY WOULD LIKE TO DO SURVEY, RESCREEN AT S1 WITH ADULT**

IF MORE THAN 18 YEARS OF AGE [S1(19-64)], ASK S2.
IF BETWEEN 13-18 YEARS OF AGE [S1(13-18)], FORCE '02' RESPONSE AND CONTINUE TO S3.

S2. What has been your status over the past month? Were you primarily... **(READ LIST. ALLOW 01/02 COMBINATION. MAKE 03-99 UNIQUE.)**

01   Working,
02   Enrolled as a student,
03   Or are you not currently employed or enrolled as a student?
98   **DO NOT READ:** Refused
99   **DO NOT READ:** Don't know

ASK EVERYONE:

S3. What state do you live in? **(RECORD STATE. PROGRAMMING NOTE: STATE WILL DETERMINE REGION. IF REFUSED (98), THANK AND TERMINATE.)**

_____

[PROGRAMMING NOTE: **IF REFUSE S4, HAVE TEXT APPEAR:** Again, I just wanted to remind you that the reason we ask this question is to make sure that we speak with a variety of people all over the United States. All of your responses will be kept strictly confidential. We cannot continue with the survey without a response to this question.]

S4. **RECORD, DO NOT ASK:** Gender

01   Male
02   Female

GO TO MAIN QUESTIONNAIRE

wba MARKET RESEARCH

2011 *SLEEP IN AMERICA* POLL
MAIN QUESTIONNAIRE

ASK EVERYONE:

First, I'd like to ask you some general questions about your sleep. Throughout this survey, please think about your sleep schedule in the past two weeks. Keep in mind, there are no right or wrong answers.

1. Thinking about the past two weeks, at what time do you usually get up on **(IF STUDENT [S2(02)]:** school days,) workdays or weekdays? **(DO NOT READ LIST.)**

01	12:00 AM (Midnight)	15	8:00 AM – 8:14 AM
02	12:01 AM – 4:59 AM	16	8:15 AM – 8:29 AM
03	5:00 AM – 5:14 AM	17	8:30 AM – 8:44 AM
04	5:15 AM – 5:29 AM	18	8:45 AM – 8:59 AM
05	5:30 AM – 5:44 AM	19	9:00 AM – 9:14 AM
06	5:45 AM – 5:59 AM	20	9:15 AM – 9:29 AM
07	6:00 AM – 6:14 AM	21	9:30 AM – 9:44 AM
08	6:15 AM – 6:29 AM	22	9:45 AM – 9:59 AM
09	6:30 AM – 6:44 AM	23	10:00 AM – 10:59 AM
10	6:45 AM – 6:59 AM	24	11:00 AM – 11:59 AM
11	7:00 AM – 7:14 AM	25	12:00 PM (Noon) – 5:59 PM
12	7:15 AM – 7:29 AM	26	6:00 PM – 11:59 PM
13	7:30 AM – 7:44 AM	98	Refused
14	7:45 AM – 7:59 AM	99	Don't know

2. At what time do you usually go to bed on **(IF STUDENT [S2(02)]:** school nights,) nights before workdays or weekdays? **(DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)**

01	12:00 AM (Midnight)	14	10:00 PM – 10:14 PM
02	12:01 AM – 12:59 AM	15	10:15 PM – 10:29 PM
03	1:00 AM – 1:59 AM	16	10:30 PM – 10:44 PM
04	2:00 AM – 5:00 AM	17	10:45 PM – 10:59 PM
05	5:01 AM – 8:59 AM	18	11:00 PM – 11:14 PM
06	9:00 AM – 11:59 AM	19	11:15 PM – 11:29 PM
07	12:00 PM (Noon) – 6:59 PM	20	11:30 PM – 11:44 PM
08	7:00 PM – 7:59 PM	21	11:45 PM – 11:59 PM
09	8:00 PM – 8:59 PM	98	Refused
10	9:00 PM – 9:14 PM	99	Don't know
11	9:15 PM – 9:29 PM		
12	9:30 PM – 9:44 PM		
13	9:45 PM – 9:59 PM		

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3. Thinking about your usual **(IF STUDENT [S2(02)]:** non-school day,) non-workday or weekend in the past two weeks, please answer the following questions. At what time do you usually get up on days you **(IF STUDENT [S2(02)]:** do not go to school,) do not work or weekends? **(DO NOT READ LIST.)**

01	12:00 AM (Midnight)	15	8:00 AM – 8:14 AM
02	12:01 AM – 4:59 AM	16	8:15 AM – 8:29 AM
03	5:00 AM – 5:14 AM	17	8:30 AM – 8:44 AM
04	5:15 AM – 5:29 AM	18	8:45 AM – 8:59 AM
05	5:30 AM – 5:44 AM	19	9:00 AM – 9:14 AM
06	5:45 AM – 5:59 AM	20	9:15 AM – 9:29 AM
07	6:00 AM – 6:14 AM	21	9:30 AM – 9:44 AM
08	6:15 AM – 6:29 AM	22	9:45 AM – 9:59 AM
09	6:30 AM – 6:44 AM	23	10:00 AM – 10:59 AM
10	6:45 AM – 6:59 AM	24	11:00 AM – 11:59 AM
11	7:00 AM – 7:14 AM	25	12:00 PM (Noon) – 5:59 PM
12	7:15 AM – 7:29 AM	26	6:00 PM – 11:59 PM
13	7:30 AM – 7:44 AM	98	Refused
14	7:45 AM – 7:59 AM	99	Don't know

4. At what time do you usually go to bed on nights you **(IF STUDENT [S2(02)]:** do not go to school the next day,) do not work the next day or weekends? **(DO NOT READ LIST. INTERVIEWER NOTE: "NIGHT" DOES NOT HAVE TO BE PM HOURS.)**

01	12:00 AM (Midnight)	13	9:45 PM – 9:59 PM
02	12:01 AM – 12:59 AM	14	10:00 PM – 10:14 PM
03	1:00 AM – 1:59 AM	15	10:15 PM – 10:29 PM
04	2:00 AM – 5:00 AM	16	10:30 PM – 10:44 PM
05	5:01 AM – 8:59 AM	17	10:45 PM – 10:59 PM
06	9:00 AM – 11:59 AM	18	11:00 PM – 11:14 PM
07	12:00 PM (Noon) – 6:59 PM	19	11:15 PM – 11:29 PM
08	7:00 PM – 7:59 PM	20	11:30 PM – 11:44 PM
09	8:00 PM – 8:59 PM	21	11:45 PM – 11:59 PM
10	9:00 PM – 9:14 PM	98	Refused
11	9:15 PM – 9:29 PM	99	Don't know
12	9:30 PM – 9:44 PM		

5. On **(IF STUDENT [S2(02)]:** school nights,) worknights or weeknights, how many hours, not including naps, do you usually sleep during one night? **(RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)**

Hours: _____
Minutes: _____

6. On **(IF STUDENT [S2(02)]:** non-school nights,) nights you do not work or weekend nights, how many hours, not including naps, do you usually sleep during one night? **(RECORD NUMBER OF HOURS AND MINUTES BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW. INTERVIEWER NOTE: RESPONDENT MIGHT NOT SLEEP AT "NIGHT," BUT HOW LONG IN A 24 HOUR PERIOD?)**

Hours: _____
Minutes: _____

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IF STUDENT/WORK [S2(01-02)], ASK Q7.

7. On most days, what time do you leave your home to go to **(IF STUDENT [S2(02) AND NOT S2(01)]:** school; **IF WORK [S2(01)]:** work)? **(DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW.)**

    __ __:__ __ HOUR:MINUTE AM / PM

ASK EVERYONE:

8. Thinking about the past two weeks, how many total naps did you take on **(IF STUDENT [S2(02)]:** school days,) workdays or weekdays combined? Would you say…**(READ LIST.)**

    01   Zero,   ➔ **SKIP TO Q10**

    02   1 to 2 naps,
    03   3 to 5 naps,
    04   6 to 10 naps, or   ➔ **CONTINUE**
    05   More than 10 naps?

    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know ➔ **SKIP TO Q10**

IF TOOK NAPS ON WORKDAYS/WEEKDAYS [Q8(02-05)], ASK Q9.

9. On average, how many minutes would you say you usually nap on **(IF STUDENT [S2(02)]:** school days,) workdays or weekdays? Would you say…**(READ LIST.)**

    01   Less than 15 minutes,
    02   15 up to 30 minutes,
    03   30 up to 45 minutes,
    04   45 minutes up to 1 hour, or
    05   1 hour or more?
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

ASK EVERYONE:

10. Thinking about the past two weeks, how many total naps did you take on **(IF STUDENT [S2(02)]:** non-school days,) days off or weekends combined? Would you say…**(READ LIST.)**

    01   Zero,   ➔ **SKIP TO Q12**

    02   1 to 2 naps,
    03   3 to 5 naps, or   ➔ **CONTINUE**
    04   More than 5 naps?

    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know ➔ **SKIP TO Q12**

IF TOOK NAPS ON NON-WORKDAYS/WEEKENDS [Q10(02-04)], ASK Q11.

11. On average, how many minutes would you say you usually nap on **(IF STUDENT [S2(02)]:** non-school days,) days off or weekends? Would you say…**(READ LIST.)**

    01   Less than 15 minutes,
    02   15 up to 30 minutes,
    03   30 up to 45 minutes,
    04   45 minutes up to 1 hour, or
    05   1 hour or more?
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

ASK EVERYONE:

12. On how many **(IF STUDENT [S2(02)]:** school nights,) worknights or weeknights would you say "I had a good night's sleep"? Would you say…**(READ LIST.)**

    04   Every night,
    03   Almost every night,
    02   Rarely, or
    01   Never?
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

13. On how many **(IF STUDENT [S2(02)]:** non-school nights,) nights you do not work or on weekend nights would you say "I had a good night's sleep"? Would you say…**(READ LIST.)**

    04   Every night,
    03   Almost every night,
    02   Rarely, or
    01   Never?
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

14. Thinking about the last two weeks, how many 12 ounce servings of caffeinated beverages, such as soda, soft drinks, coffee, tea, and energy drinks do you drink on an average **(IF STUDENT [S2(02)]:** school day,) weekday or workday …**(READ LIST. RECORD NUMBER FOR EACH BELOW. DO NOT ACCEPT RANGES. 98=REFUSED; 99=DON'T KNOW; 00=NONE; 97=LESS THAN ONE.)**

		# Caffeinated Beverages
a.	Between 5:00 AM and noon?	
b.	Between noon and 5:00 PM?	
c.	Between 5:00 PM and 5:00 AM the next morning?	

15. In recent times, how likely are you to doze off or fall asleep while doing the following activities, in contrast to just feeling tired? **(INSERT)**

READ FIRST TIME THEN ONLY AS NEEDED: Would you say you have no chance of dozing, a slight chance of dozing, a moderate chance of dozing, or a high chance of dozing? **(ASK IN ORDER. PROGRAMMING NOTE: IF 98/99 TO ANY, SKIP IMMEDIATELY TO Q16.)**

		No chance	Slight chance	Moderate chance	High chance	Refused	Don't know
a.	Sitting and reading	00	01	02	03	98	99
b.	Watching TV	00	01	02	03	98	99
c.	Sitting inactive in a public place such as a theater or meeting (IF STUDENT [S2(02)]: or classroom)	00	01	02	03	98	99
d.	In a car, while stopped for a few minutes in the traffic	00	01	02	03	98	99
e.	As a passenger in a car for an hour without a break	00	01	02	03	98	99
f.	Sitting and talking to someone	00	01	02	03	98	99
g.	Sitting quietly after a lunch without alcohol	00	01	02	03	98	99
h.	Lying down to rest in the afternoon when circumstances permit	00	01	02	03	98	99

16. Thinking about the past two weeks, on average how many hours of sleep do you need to function at your best the next day? **(DO NOT READ LIST.)**

01	Less than 5 hours	07	10 to less than 11 hours
02	5 to less than 6 hours	08	11 to less than 12 hours
03	6 to less than 7 hours	09	12 hours or more
04	7 to less than 8 hours	98	Refused
05	8 to less than 9 hours	99	Don't know
06	9 to less than 10 hours		

17. Thinking about the past two weeks, does your current **(IF STUDENT [S2(02)]:** school schedule,) work schedule or typical weekday routine, including your duties at home, allow you to get adequate sleep?

01	Yes	➔	**SKIP TO Q19**
02	No	➔	**CONTINUE**
98	Refused	➔	**SKIP TO Q19**
99	Don't know	➔	**SKIP TO Q19**

IF DO NOT GET ADEQUATE SLEEP [Q17(02)], ASK Q18.

18. On a typical day, how much of an impact has "not getting adequate sleep" had on your **[INSERT]**? **(RANDOMIZE.)**

READ FIRST TIME THEN ONLY AS NEEDED: Would you say it has had a major impact, some impact or no impact?

		Major impact	Some impact	No impact	Not applicable	Refused	Don't know
a.	IF WORK [S2(01)]: work	03	02	01		98	99
b.	IF STUDENT [S2(02)]: school work	03	02	01	■	98	99
c.	social life or leisure activities	03	02	01	96	98	99
d.	family life or home responsibilities	03	02	01	96	98	99
e.	mood	03	02	01	96	98	99
f.	IF AT LEAST 21 YEARS OLD [S1(21-64)]: intimate or sexual relations	03	02	01	96	98	99

ASK EVERYONE:

19. Thinking about the past two weeks, on a typical night, which of the following are in your bedroom and you used in the hour before trying to go to sleep? **[INSERT] (READ LIST. RANDOMIZE.)**

		Yes	No	Refused	Don't know
a.	Television	01	02	98	99
b.	Computer or laptop	01	02	98	99
c.	Cell phone	01	02	98	99
d.	Telephone	01	02	98	99
e.	Video game console, such as Wii, PS3 or Xbox	01	02	98	99
f.	Electronic music devices, such as a radio or mp3 player or iPod	01	02	98	99
g.	E-book reader	01	02	98	99
h.	Printed book or magazine	01	02	98	99

20. In the past two weeks, how often would you say that you **[INSERT]** <u>in the hour</u> before trying to go to sleep? **(RANDOMIZE.)**

    READ FIRST TIME THEN ONLY AS NEEDED: Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Watched TV	04	03	02	01	98	99
b. Talked on the phone	04	03	02	01	98	99
c. Sent, read or received text messages	04	03	02	01	98	99
d. Played a video game or computer game	04	03	02	01	98	99
e. Surfed the Internet	04	03	02	01	98	99
f. Used a social networking site like Facebook, MySpace or Twitter	04	03	02	01	98	99
g. Sent or received personal emails	04	03	02	01	98	99
h. Sent or received work-related emails	04	03	02	01	98	99
i. Read an e-book reader	04	03	02	01	98	99
j. Read a printed book or magazine	04	03	02	01	98	99
k. Listened to music specifically on an mp3 player or iPod	04	03	02	01	98	99
l. Watched a video on your computer, laptop, phone or other device that is not a TV	04	03	02	01	98	99
m. IF WORK [S2(01)]: Did work on the computer	04	03	02	01	98	99
n. IF STUDENT [S2(02)]: Did homework on the computer	04	03	02	01	98	99

IF WATCH TV OR VIDEOS [Q20a(03-04) OR Q20l(03-04)], ASK Q21-Q22.

21. On a typical day, what type of programs do you <u>most</u> often watch in the hour before trying to go to sleep? Would you say…**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

    01 Comedy,
    02 Drama,
    03 Education or documentary,
    04 News,
    05 Reality,
    06 Sports,
    95 Or something else? **(SPECIFY:)**_____
    98 **DO NOT READ:** Refused
    99 **DO NOT READ:** Don't know

22. On a typical day, where do you <u>most</u> often watch these programs in the hour before trying to go to sleep? Is it in the bedroom, the living room or family room, or somewhere else? **(ACCEPT ONE RESPONSE ONLY.)**

    01 Bedroom
    02 Living room or family room
    95 Somewhere else
    98 **DO NOT READ:** Refused
    99 **DO NOT READ:** Don't know

ASK EVERYONE:

23. In the past two weeks, how often would you say that you use the following functions <u>on your cell phone or handheld device in the hour</u> before trying to go to sleep? **[INSERT] (RANDOMIZE.)**

    READ FIRST TIME THEN ONLY AS NEEDED: Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Talk on the phone	04	03	02	01	98	99
b. Send, read or receive text messages	04	03	02	01	98	99
c. Send or receive personal emails	04	03	02	01	98	99
d. Send or receive work-related emails	04	03	02	01	98	99
e. Surf the Internet	04	03	02	01	98	99
f. Play games	04	03	02	01	98	99
g. Listen to music	04	03	02	01	98	99
h. Watch video	04	03	02	01	98	99
i. Use the phone's alarm clock	04	03	02	01	98	99

IF USE CELL PHONE IN THE BEDROOM IN THE HOUR BEFORE TRYING TO GO TO SLEEP [Q19c(01)], ASK Q24-Q25.

24. What do you usually do with your cell phone when you are ready to go to sleep? Do you…**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

    01 Turn the phone off,
    02 Put the ringer on silent or vibrate,
    03 Or do you leave the ringer on?
    98 **DO NOT READ:** Refused
    99 **DO NOT READ:** Don't know

25. In the past two weeks, how often have you had phone calls, text messages or emails on your cell phone that wake you after trying to go to sleep? Would you say…**(READ LIST.)**

    04 Every night or almost every night,
    03 A few nights a week,
    02 Rarely,
    01 Or never?
    98 **DO NOT READ:** Refused
    99 **DO NOT READ:** Don't know

ASK EVERYONE:

26. How often do you sleep with any light on in your bedroom? Would you say…**(READ LIST.)**

    04 Every night or almost every night,
    03 A few nights a week,
    02 Rarely,
    01 Or never?
    98 **DO NOT READ:** Refused
    99 **DO NOT READ:** Don't know

IF DO NOT USE A COMPUTER OR LAPTOP IN THE BEDROOM IN THE HOUR BEFORE TRYING TO SLEEP [Q19b(02-99)], ASK Q27.

27. Thinking about the past two weeks, how often do you use a computer or laptop in the hour before trying to go to sleep? Would you say…**(READ LIST.)**

04 Every night or almost every night,
03 A few nights a week, → **CONTINUE**

02 Rarely,
01 Or never?
98 **DO NOT READ:** Refused → **SKIP TO Q29**
99 **DO NOT READ:** Don't know

IF REGULARLY USE A COMPUTER OR LAPTOP IN THE HOUR BEFORE TRYING TO SLEEP [Q19b(01) OR Q27(03-04)], ASK Q28.

28. How often would you say that you use or do the following functions on your laptop or computer in the hour before trying to go to sleep? **[INSERT]** **(RANDOMIZE.)**

READ FIRST TIME THEN ONLY AS NEEDED: Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Get on the Internet	04	03	02	01	98	99
b. Instant message or Skype	04	03	02	01	98	99
c. Send or receive email	04	03	02	01	98	99
d. Watch video	04	03	02	01	98	99
e. Listen to music	04	03	02	01	98	99
f. Use a word-processing or spreadsheet software, such as Word or Excel	04	03	02	01	98	99

IF REGULARLY PLAY A VIDEO GAME OR COMPUTER GAME IN THE HOUR BEFORE TRYING TO SLEEP [Q20d(03-04)], ASK Q29-Q30.

29. In the past two weeks, what type of video or computer games did you play most often within the hour before trying to go to sleep? Would you say…**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

01 Online gaming,
02 Computer- or console-based games that you do not connect online,
03 Handheld games such as on a Gameboy or Nintendo DS,
04 Fitness games such as Wii games and Guitar Hero, or
95 Some other type of games?
98 **DO NOT READ:** Refused
99 **DO NOT READ:** Don't know

30. How often do you play video or computer games that contain **[INSERT]** within the hour before trying to go to sleep? **(RANDOMIZE.)**

READ FIRST TIME THEN ONLY AS NEEDED: Would you say every night or almost every night, a few nights a week, rarely or never?

	Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a. Violence	04	03	02	01	98	99
b. Minimal blood	04	03	02	01	98	99
c. Sexual content	04	03	02	01	98	99
d. Crude humor	04	03	02	01	98	99
e. Gambling	04	03	02	01	98	99

ASK EVERYONE:

31. Thinking about the past two weeks, how many minutes, on most **(IF STUDENT [S2(02)]: school nights,)** worknights or weeknights, does it take you to fall asleep? Would you say…**(READ LIST.)**

01 Less than 5 minutes,
02 5 up to 10 minutes,
03 10 up to 15 minutes,
04 15 up to 30 minutes,
05 30 up to 45 minutes,
06 45 minutes up to 1 hour, or
07 1 hour or more?
96 **DO NOT READ:** Depends/Varies
98 **DO NOT READ:** Refused
99 **DO NOT READ:** Don't know/Not sure

32. How many minutes, on most **(IF STUDENT [S2(02)]: non-school nights,)** nights you do not work or on weekend nights, does it take you to fall asleep? Would you say…**(READ LIST.)**

01 Less than 5 minutes,
02 5 up to 10 minutes,
03 10 up to 15 minutes,
04 15 up to 30 minutes,
05 30 up to 45 minutes,
06 45 minutes up to 1 hour, or
07 1 hour or more?
96 **DO NOT READ:** Depends/Varies
98 **DO NOT READ:** Refused
99 **DO NOT READ:** Don't know/Not sure

33. In the past two weeks, would you say you **[INSERT]** every night or almost every night, a few nights a week, rarely or never? **(RANDOMIZE. PROGRAMMING NOTE: ASK ITEMS B AND C LAST.)**

		Every night or almost every night	A few nights a week	Rarely	Never	Refused	Don't know
a.	Had difficulty falling asleep	04	03	02	01	98	99
b.	Woke up during the night	04	03	02	01	98	99
c.	Woke up too early and could not get back to sleep	04	03	02	01	98	99
d.	**MOVED**	04	03	02	01	98	99
e.	Snored	04	03	02	01	98	99

33d. In the past two weeks, would you say you woke up feeling un-refreshed…**(READ LIST.)**

    04   Every day or almost every day,
    03   A few days a week,
    02   Rarely,
    01   Or never?
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

IF REGULARLY WOKE UP DURING THE NIGHT OR WOKE TOO EARLY [Q33b(03-04) OR Q33c(03-04)], ASK Q34-Q35.

34. Approximately how many minutes, on average, were you awake when you woke up during the night or woke up too early? **(DO NOT ACCEPT RANGES. RECORD BELOW. 998=REFUSED, 999=DON'T KNOW.)**

    Minutes: _____

35. In the past two weeks, when you woke up during the night or woke up too early, did you do any of the following? **[INSERT]** **(RANDOMIZE.)**

		Yes	No	Refused	Don't know
a.	Watch TV	01	02	98	99
b.	Talk on the phone	01	02	98	99
c.	Send, read or receive text messages	01	02	98	99
d.	Play a video game or computer game	01	02	98	99
e.	Surf the Internet	01	02	98	99
f.	Use a social networking site like Facebook, MySpace or Twitter	01	02	98	99
g.	Write or read personal emails	01	02	98	99
h.	Write or read work-related emails	01	02	98	99
i.	Read an e-book reader	01	02	98	99
j.	Read a printed book or magazine	01	02	98	99
k.	Listen to music specifically on an mp3 player or iPod	01	02	98	99
l.	Watch a video on your computer, laptop, phone or other device that is not a TV	01	02	98	99
m.	IF WORK [S2(01)]: Do work on the computer	01	02	98	99
n.	IF STUDENT [S2(02)]: Do homework on the computer	01	02	98	99

ASK EVERYONE:

36. Now for just this question, please think about the past month. Thinking of the past month, how many times have you driven a car or motor vehicle while feeling drowsy? Would you say you have driven drowsy…**(READ LIST.)**

    05   3 or more times a week,
    04   1 to 2 times a week,
    03   1 to 2 times a month,
    02   Less than once a month, or
    01   You have not driven drowsy in the past month?

    96   **DO NOT READ:** Don't drive/Don't have a license
    98   **DO NOT READ:** Refused
    99   **DO NOT READ:** Don't know

READ: These last questions are for classification purposes only and will also be kept strictly confidential.

IF AT LEAST 21 YEARS OLD [S1(21-64)], ASK D1.

D1. What is your marital status? Are you…**(READ LIST. ACCEPT ONE RESPONSE ONLY.)**

    01   Married or partnered,
    02   Single,
    03   Living with someone,
    04   Divorced,
    05   Separated, or
    06   Widowed?
    98   **DO NOT READ:** Refused

ASK EVERYONE:

D2. Do you consider yourself to be Hispanic or Latino?

    01   Yes
    02   No
    98   Refused
    99   Don't know

D3. Would you consider yourself to be White/Caucasian, Black/African-American, Asian or of some other racial or ethnic background? **(DO NOT READ LIST. MULTIPLE RESPONSES ACCEPTED.)**

    01   White/Caucasian
    02   Black/African-American
    03   Asian
    04   Alaska Native
    05   American Indian
    06   Native Hawaiian
    07   Other Pacific Islander
    08   Hispanic/Latino
    95   Other **(SPECIFY:)** _____
    98   Refused
    99   Don't know

D4.   Prior to today's call, have you ever heard of the National Sleep Foundation?

    01   Yes
    02   No
    98   Refused
    99   Don't know

IF AT LEAST 21 YEARS OF AGE [S1(21-64)], ASK D5. OTHERWISE, SKIP TO CLOSING.

D5.   Are there any children in the home under the age of 21?

    01   Yes   →   **CONTINUE TO D5A**
    02   No   →   **SKIP TO CLOSING**
    98   Refused   →   **SKIP TO CLOSING**

IF CHILDREN IN HOME [D5(01)], ASK D5A.

D5A.   Are there any children in the home…? **(READ LIST.)**

	Yes	No	Refused
a. Between 13 and 18 years of age?	01	02	98
b. Between 19 and 20 years of age?	01	02	98

IF HAVE CHILD BETWEEN 13-20 YEARS OF AGE [D5Aa(01) OR D5Ab(01)], READ:

With your permission, we'd like to ask one of the children in the home between the ages of 13 and 20 questions similar to those we asked you. Can you please put him or her on the phone? **IF NECESSARY:** We will simply be asking your child about their sleep habits, including what time they wake in the morning, if they think they get enough sleep, etc.

NOTE: IF PARENT IS CONCERNED ABOUT INTERVIEW, THEY MAY LISTEN IN WHILE CHILD IS INTERVIEWED, BUT THEY MAY NOT COACH CHILD WITH RESPONSES.

    01   Child is available now   →   **CONTINUE TO S1 WITH CHILD**
    02   Child not available now   →   **SCHEDULE CALLBACK FOR CHILD SURVEY**
    98   Refused to let child do survey   →   **CONTINUE TO CLOSING**

CLOSE

Those are all the questions I have.

On behalf of the National Sleep Foundation, we would like to thank you very much for your time and opinions. For quality control purposes, you may receive a follow-up phone call from my supervisor to verify that I have completed this interview. Can I please have your name or initials so they know who to ask for if they call back?

You may want to look for the poll results during the second week in March. You can go to the National Sleep Foundation's Web site to see how your answers compare to others at www.sleepfoundation.org.

IF RESPONDENT ASKS FOR MORE INFORMATION ON THE NATIONAL SLEEP FOUNDATION, SAY:

For more information on the National Sleep Foundation, you can visit their Web site at www.sleepfoundation.org.

RECORD NAME AND CONFIRM PHONE NUMBER FOR SUPERVISOR VERIFICATION.

This concludes our survey. Thank you for your time and opinions.

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