

Sleep in America® Poll 2019

Sleep Health & Scheduling

The latest National Sleep Foundation’s *Sleep in America*® poll finds that good sleep health is strongly related to sticking to a regular sleep schedule.

The poll indicates that Americans frequently depart from their usual bedtimes and wake-up times, and as things stand, less than half the public wakes up feeling extremely or very well-rested. Fifty-eight percent of Americans went to bed at least half an hour earlier or later than usual on at least one workday/weekday in the previous seven days. About half of Americans also reported waking up at least thirty minutes earlier or later on weekdays and weekends/non-workdays.

Maintaining a consistent sleep schedule and feeling well-rested are related; those with the most regular and consistent weekday sleep schedules are about 1.5 times more likely to report feeling well-rested than their most variable sleep schedule-having counterparts. Fifty-two to 56 percent of Americans reporting the most regular sleep schedules wake up feeling well-rested on weekdays. In comparison, only 34 to 38% of those with the most varied sleep times report the same.

SLEEP VARIABILITY, SLEEP HEALTH, AND FEELING EXTREMELY/VERY WELL-RESTED			
	Average SHI Score	Well-rested, weekdays (%)	Well-rested, weekends (%)
All	77	47	54
Weekday bedtime			
Did not deviate	80	56	63
30 minutes to 1 hour	76	42	50
More than an hour	74	38	44
Weekday wake time			
Did not deviate	81	54	60
30 minutes to 1 hour	74	41	48
More than an hour	70	35	50
Weekend bedtime			
Did not deviate	80	52	61
30 minutes to 1 hour	76	45	50
More than an hour	70	34	40
Weekend wake time			
Did not deviate	80	54	60
30 minutes to 1 hour	75	42	48
More than an hour	70	37	46

The *Sleep in America* poll was run alongside the National Sleep Foundation’s validated sleep health assessment tool, the *Sleep Health Index*®, which has been fielded quarterly since 2016. The Index is based on measures of sleep duration, sleep quality and disordered sleep. American adults scored an average of 77 on its 0-100 scale. Scores were an average of 6 to 11 points higher for those with the most regular sleep times than for those with the most variable bedtimes or wake times, indicating notably better sleep health (80-81 vs. 70-74).

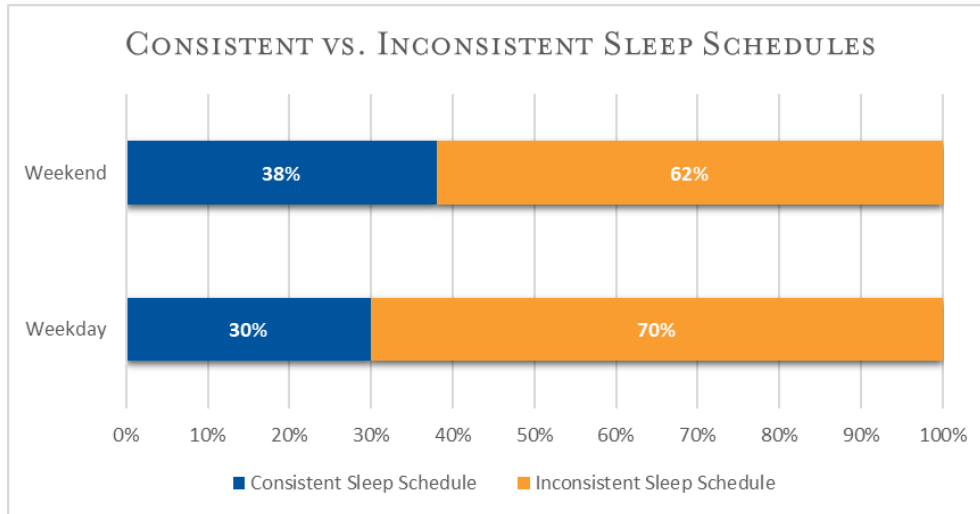
Sleep scheduling also affects productivity as well as physical and emotional well-being. However, results of the *Sleep in America* poll reveal that only 29 to 42 percent of Americans say that variation in their regular sleep schedules by an hour or more negatively affects how they feel physically and emotionally as well as how much they feel they can accomplish the next day. (This includes those who report a great deal, a good amount or, mostly, “just some” effect.)

Closer examination of respondents who report actually deviating from their usual sleep schedules by more than an hour revealed significantly more reports of effects on their productivity as well as how they feel physically than their sleep schedule-adhering counterparts. Among respondents who deviated from their usual bedtimes or wake times by more than an hour, 39 to 46 percent report effects on their productivity the next day, compared to 26 to 27 percent of those who kept their usual bedtimes or wake times. Similarly, 48 to 57 percent of those with the most variable sleep times report an effect on how they feel physically the next day, compared with 34 to 38 percent of those who stuck to their usual sleep times. These data suggest that maintaining a consistent sleep schedule has a positive and protective effect against certain consequences on occasions when we need to deviate from our normal sleep schedules by an hour or more.

	Physical Effect (%)	Emotional Effect (%)	Productivity Effect (%)
Worknight bedtime			
Did not deviate	34	23	26
Deviated >1 hour	48	27	39
Worknight wakeup			
Did not deviate	38	23	27
Deviated >1 hour	57	30	46
Weekend bedtime			
Did not deviate	36	25	27
Deviated >1 hour	54	33	40
Weekend wakeup			
Did not deviate	37	26	27
Deviated >1 hour	55	35	45

Varied Sleep Schedules

Only 30 percent of Americans report sticking to their usual weekday bedtimes and wake times each day of the previous week. This value rises to 38 percent for weekend bedtimes and wake times.



For the near 70 percent of others, variations in schedule are typically by less than an hour. Four in 10 respondents deviated from their usual weekday bedtime by a half hour to an hour, 12 percent by one to two hours and 6 percent by more than two hours.

Those with “excellent” sleep health, per the *Sleep Health Index*, are nearly 2.5 times more likely to keep a regular bedtime schedule than those with “poor” sleep health. Forty-three percent of those in the top 25 percent of Index scores, maintained a regular weekday bedtime schedule. Among those respondents in the lowest 25 percent of Index scores, only 17 percent kept a regular bedtime schedule. Similarly, those with “excellent” sleep health were about two times more likely to report sticking to regular weekend sleep times in comparison to those with “poor” sleep health (52% vs. 27%, respectively).

CONSISTENT BEDTIME AND WAKE TIMES		
	Weekdays (%)	Weekends (%)
All	30	38
SHI Quartile		
Highest quartile (“Excellent”)	43	52
2 nd quartile (“Good”)	35	38
3 rd quartile (“Fair”)	23	34
Lowest quartile (“Poor”)	17	27

Naps

Another way people alter their sleep schedules is by taking naps. Four in 10 respondents reported intentionally napping at least once in the previous week. Eleven percent of poll respondents took naps on at least five of the past seven days.

Napping also revealed a strong relationship with overall sleep health. About 30% of those with “excellent” sleep health chose to take a nap in the past week. Those with “poor” sleep health were

1.5 times more likely to report taking a nap in the past week. This result suggests a possibility that those with “poor” sleep health recognize the need to supplement their sleep with an additional nap.

Those who did not report taking a nap in the past week scored an average of more than ten points higher on the *Sleep Health Index* than those who took naps on six or all seven days (79 vs. 68, respectively). This gap is primarily driven by large differences in the sleep quality (74 vs. 59, respectively) and disordered sleep indices (84 vs. 71).

DAILY INTENTIONAL NAP FREQUENCY AND SLEEP HEALTH				
	SHI Overall	Sleep Quality	Sleep Duration	Disordered Sleep
All	77	70	79	83
# of Days				
None	79	74	80	84
One	76	71	77	78
Two	75	65	79	82
Three to five	76	64	76	88
Six or seven	68	59	73	71

Feeling Well-Rested

After a typical weeknight’s sleep, 47 percent of Americans report waking and feeling extremely or very well-rested; 37 percent report feeling somewhat well-rested and 15 percent report feeling less well-rested than that. Things improve slightly on the weekend with 54 percent feeling extremely or very well-rested, 33 percent feeling somewhat well-rested and 12 percent feeling less well-rested.

The question further supports the importance of the *Sleep Health Index* and its methodology. Those with “excellent” sleep health are nearly 3.5 times more likely to report feeling well-rested on a typical weekday in comparison to those with “poor” sleep health (76% vs. 22% respectively).

TYPICALLY FEELING WELL-RESTED ON WEEKDAYS BY SHI QUARTILE	
	Feel well-rested (%)
Overall	47
SHI Quartile	
Highest quartile (“Excellent”)	76
2 nd quartile (“Good”)	55
3 rd quartile (“Fair”)	36
Lowest quartile (“Poor”)	22

Group Differences

There also are differences among groups. Feeling well-rested on a typical weekday peaks at 56 percent among seniors, compared with a low of 41 percent of 18- to 29-year-olds. Forty-four percent of whites report feeling well-rested as compared to 52 percent of nonwhites. Just 39 percent of parents wake up feeling well-rested during the week, compared with 50 percent of non-parents (43% vs. 58%, respectively on weekends). Feeling well-rested is especially low among those who take a sleep medication (25 percent) or have a diagnosed sleep disorder (27 percent); similar trends are reflected through *Sleep Health Index* comparisons.

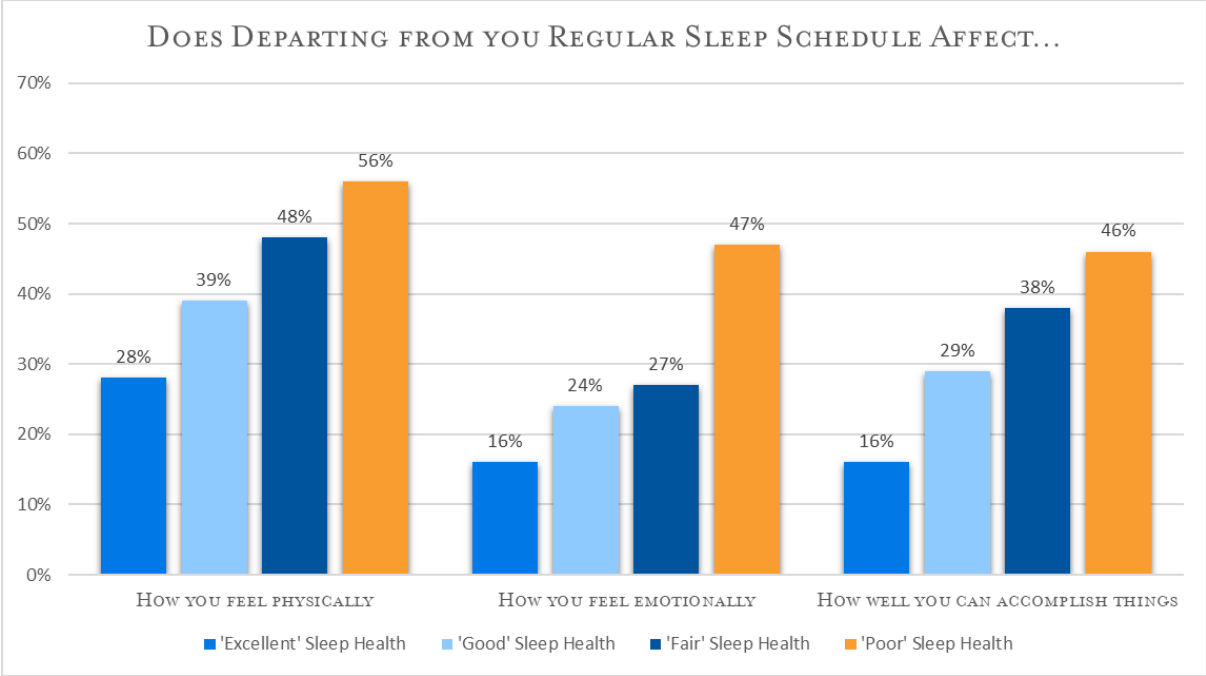
TYPICALLY FEEL WELL-RESTED ON WEEKDAYS	
	Feel well-rested (%)
All	47
Age Group	
Age 18-29	41
Age 65+	56
Race	
Whites	44
Blacks	53
Hispanics	55
Parenthood	
Parents	39
Not parents	50
Medication Use	
Use sleep medication	25
No sleep medication	51
Sleep Disorder	
Have a sleep disorder	27
No sleep disorder	51

Perceived Effects of Sleep Changes

Forty-two percent of Americans say how they feel physically would be affected by a departure of at least an hour from their regular sleep schedule; 32 percent say the same for their productivity, and 29 percent for their emotional well-being.

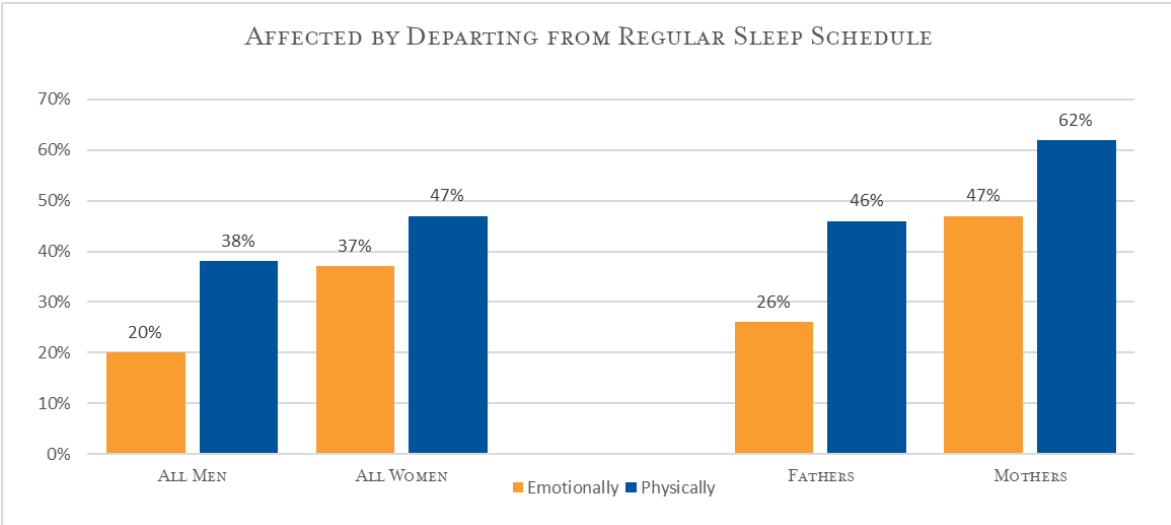
Sleep health relates to these self-assessments. Those with “poor” sleep health, as defined by the *Sleep Health Index*, are 28 to 31 percentage points more likely than those with “excellent” sleep health to say a one-hour departure from their regular sleep schedule affects how they feel physically, how they feel emotionally or how well they can accomplish things the next day.

Group Differences of Variable Sleep Times



There are group differences in the extent to which people say they are affected by variable sleep schedules. Parenthood presents a striking difference: Fifty-six percent of parents say an hour's deviation in their sleep schedule affects how they feel physically, compared with 38 percent of non-parents. Thirty-nine percent of parents also say it affects how they feel emotionally, vs. 25 percent of non-parents.

Women are more likely than men to report emotional and physical tolls, (37% vs. 20% emotional; 47% vs. 38% physical). Similarly, mothers are more likely than fathers to say an hour's change in their sleep schedule affects them emotionally and physically (47% vs. 26% emotional; 62% vs. 46% physical).



Younger adults are much more likely than older adults to say less sleep affects them physically —48 percent of 18- to 29-year-olds and 57 percent of those 30-39 cite such an effect, vs. 29 percent of seniors. The same pattern holds for emotional affect: 32 percent of those 18-39 vs. 18 percent of those 65 years or older.

Nonwhites are more likely than whites to cite a physical (51 vs. 38 percent) and emotional effects (35 vs. 25 percent) due to a change in their regular sleep schedules. This discrepancy is expected as nonwhites consistently have significantly lower average sleep duration subindex scores (from the *Sleep Health Index*) than whites (76 vs. 80).

Differences among groups are either muted or disappear when it comes to the reported effect of a sleep schedule change on productivity the next day. Women (35 percent) and college graduates (36 percent) are just slightly more likely than men (29 percent) and non-graduates (30 percent) to say there is an effect.

METHODOLOGY – This survey for the National Sleep Foundation was conducted among a random national sample of 1,001 adults via landline and cell phone interviews Nov. 7-12, 2018. Results have a margin of sampling error of 3.6 points for the full sample. The survey was produced for the Foundation by Langer Research Associates of New York, N.Y., with sampling, data collection and tabulation by SSRS of Glen Mills, Pa. See methodological details [here](#).

Full results follow. * = <0.5%

1-14 released separately.

15. In the past seven days you most often went to bed on workdays or weekdays at (INSERT TIME). Were there any work days or weekdays when you went to bed either earlier or later than that by at least a half hour, or not?

	Yes	No	No opinion
11/12/18	58	41	1

16. (IF YES) Was it different by a half hour to an hour, or more than an hour?

	Half hour to an hour	More than an hour	No opinion
11/12/18	69	30	1

17. (IF MORE THAN AN HOUR) Was it one to two hours, or more than two hours?

	One to two hours	More than two hours	No opinion
11/12/18	67	32	1

	----- Went to bed early/late by 1/2 hour+ -----								
	NET	1/2-1 hour	NET	>1-2 hours	>2 hours	No op.	No op.	No	No op.
11/12/18	58	40	17	12	6	*	1	41	1

18. You most often woke up for the day on workdays or weekdays at (INSERT TIME). Were there any work days or weekdays when you woke up either earlier or later than that by at least a half hour, or not?

	Yes	No	No opinion
11/12/18	47	52	1

19. (IF YES) Was it different by a half hour to an hour, or more than an hour?

	Half hour to an hour	More than an hour	No opinion
11/12/18	76	22	2

20. (IF MORE THAN AN HOUR) Was it one to two hours, or more than two hours?

	One to two hours	More than two hours	No opinion
11/12/18	65	33	2

	----- Woke up early/late by 1/2 hour+ -----								
	NET	1/2-1 hour	NET	>1-2 hours	>2 hours	No op.	No op.	No	No op.
11/12/18	47	36	10	7	3	*	1	52	1

21. On weekends or non-work days you most often went to bed at (INSERT TIME). Were there any weekend or non-work days when you went to bed either earlier or later than that by at least a half hour, or not?

	Yes	No	No opinion
11/12/18	48	51	1

22. (IF YES) Was it different by a half hour to an hour, or more than an hour?

	Half hour to an hour	More than an hour	No opinion
11/12/18	67	32	1

23. (IF MORE THAN AN HOUR) Was it one to two hours, or more than two hours?

	One to two hours	More than two hours	No opinion
11/12/18	63	36	1

	----- Went to bed early/late by 1/2 hour+ -----								
			----- More than an hour -----			No			
	NET	1/2-1 hour	NET	>1-2 hours	>2 hours	No op.	op.	No	No op.
11/12/18	48	32	15	10	5	*	1	51	1

24. On weekends or non-work days you most often woke up for the day at (INSERT TIME). Were there any weekend or non-work days when you woke up for the day either earlier or later than that by at least a half hour, or not?

	Yes	No	No opinion
11/12/18	48	51	1

25. (IF YES) Was it different by a half hour to an hour, or more than an hour?

	Half hour to an hour	More than an hour	No opinion
11/12/18	71	28	1

26. (IF MORE THAN AN HOUR) Was it one to two hours, or more than two hours?

	One to two hours	More than two hours	No opinion
11/12/18	70	28	2

	----- Woke up early/late by 1/2 hour+ -----								
			----- More than an hour -----			No			
	NET	1/2-1 hour	NET	>1-2 hours	>2 hours	No op.	op.	No	No op.
11/12/18	48	34	13	9	4	*	*	51	1

27. After a typical night's sleep on a work day or weekday, do you feel extremely well rested, very well rested, somewhat well rested, not so well rested or not well rested at all?

	-- More well rested --				-Less well rested-			
	NET	Extremely	Very	Somewhat	NET	Not so	Not	No opinion
11/12/18	47	10	37	37	15	8	7	1

28. After a typical night's sleep on a weekend or non-work day, do you feel extremely well rested, very well rested, somewhat well rested, not so well rested or not well rested at all?

	-- More well rested --				-Less well rested-			
	NET	Extremely	Very	Somewhat	NET	Not so	Not	No opinion
11/12/18	54	13	41	33	12	7	5	*

29. If you depart from your regular sleep schedule by an hour or more, does it impact [ITEM], or not? (IF YES) Does it impact that a great deal, a good amount, or just some?

	----- Yes, impacts -----					No
	NET	Great deal	Good amount	Just some	No	op.
a. How you feel physically the next day	42	6	9	27	57	1
b. How you feel emotionally the next day	29	7	7	15	70	1
c. How well you can accomplish things the next day	32	6	6	20	67	1

30. Again thinking of the past seven days, on how many days, if any, did you intentionally take a nap?

	0 days	1-2 days	3-4 days	5-6 days	7 days	No opin.	Mean	SD
11/12/18	59	23	7	5	6	1	1.2	2.0

*** END ***