

2008 *SLEEP IN AMERICA* POLL

SUMMARY OF FINDINGS



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Objectives

The National Sleep Foundation commissioned WB&A Market Research to conduct a national survey of adult Americans who work at least 30 hours per week for pay – the NSF 2008 *Sleep in America* poll.

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

1. What are the sleep habits of working Americans?
2. How do hours worked affect both sleep and ability to function while awake?
3. How do sleep habits and problems affect performance in the workplace?
4. How many working Americans experience various types of sleep problems/disorders?
5. How often do working Americans experience sleep problems/disorders?
6. How do working Americans cope with sleepiness?
7. How does sleepiness affect the personal lives of working Americans?

NSF wishes to acknowledge the volunteer work of the members of its 2008 Poll Task Force. In appreciation of Task Force members: Dr. Thomas J. Balkin, (Co-Chair) Dr. Gregory Belenky (Co-Chair), Dr. Christopher Drake, Dr. Roger Rosa, and Dr. Mark Rosekind.

Methodology

In order to collect the information, a total of 1,000 telephone interviews were conducted among a random sample of Americans between September 25, 2007 and November 19, 2007.

In order to qualify for this study, respondents had to be at least 18 years of age and working 30 hours per week or more for pay. All households surveyed were within the continental United States. The survey averaged 21 minutes in length.

A random sample of telephone numbers was purchased from SDR Consulting, Inc. and quotas were established by region.

Professional interviewers called from WB&A's telephone interviewing facilities located in Crofton, Maryland and Ithaca, New York. Most of the 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 interviews were conducted on weekdays between 9:00 am and 5:00 pm. (All times are in Eastern Standard Time.)

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 1,000 interviews is ± 3.1 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.

The response rate for this study was 17% (number of completed interviews divided by the number of completed interviews plus the number of contacted households who refused participation or did not complete appointments, factored by the overall incidence of 71%). As might be expected with working Americans, the response rate for this year's poll was slightly lower than in previous years (ranging from 20%-27% in the past three years).

Note when reading this report: Percentages may not add up to 100% due to rounding.

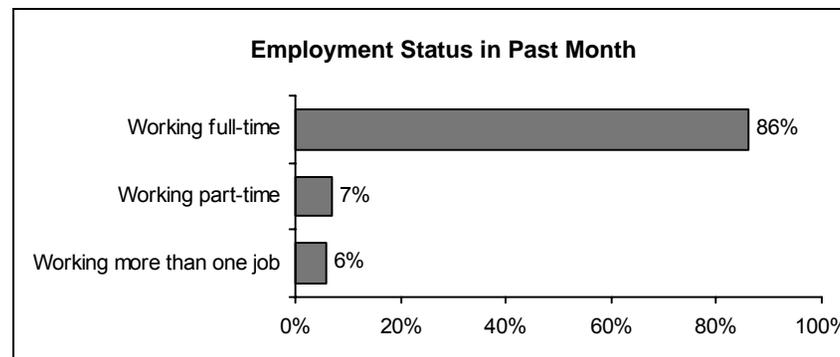
Quotas	Completed Interviews	
	(number of respondents)	(%)
Region		
Northeast	193	19%
Midwest	243	24%
South	364	36%
West	200	20%
TOTAL	1000	100%

FINDINGS

Employment Status

All respondents were asked what their employment status was over the past month. (NOTE: In order to qualify for the study, respondents had to work at least 30 hours per week at a job for which they are paid.)

- Roughly nine in ten respondents (86%) said they were working full-time during the past month, while less than one in ten reported that they were working part time (7%) or more than one job (6%).
- Those respondents who are working full-time are significantly more likely than those working part-time to:
 - Be at risk for OSA (15% vs. 7%);
 - Have driven drowsy at least once a month in the past year (32% vs. 15%);
 - Be obese (35% vs. 24%); and
 - Be male (58% vs. 37%).
- Those respondents who are working more than one job are significantly more likely than those working full-time to be gray collar workers (36% vs. 21%).



Base = Total sample (n=1,000)
S2

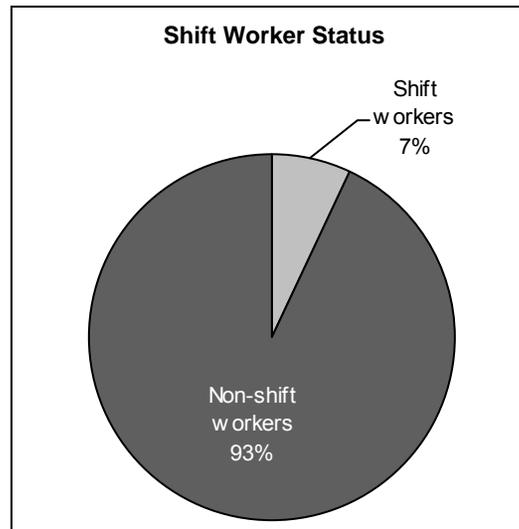
Shift Workers

Using the respondents' work start times, a shift worker was classified as someone who starts their job after 6 pm but before 6 am.

- Among all respondents, 7% can be considered shift workers based on this definition.

Shift workers are significantly more likely than non-shift workers to:

- Spend less than 6 hours in bed on workdays (58% vs. 13%);
- Sleep less than 6 hours on workdays (33% vs. 15%);
- Have been told by a doctor they have sleep apnea (18% vs. 8%);
- Have driven drowsy at least once a month in the past year (48% vs. 30%);
- Be male (70% vs. 54%);
- Work more hours per week, on average (49.13 hours vs. 44.63); and
- Be blue collar workers (57% vs. 20%).

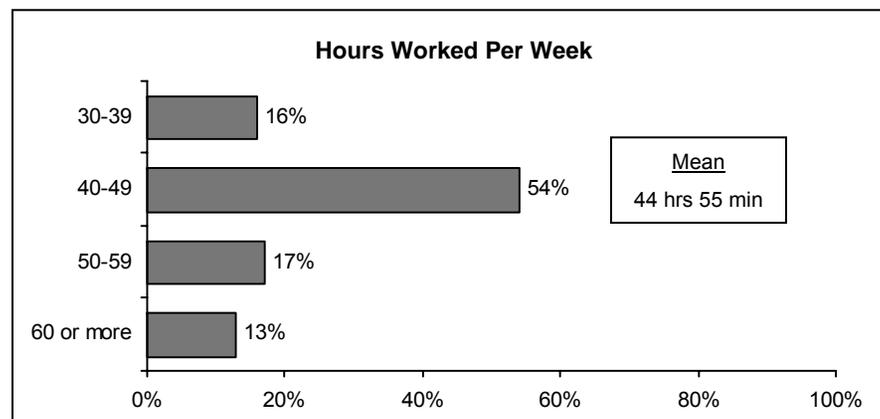


Base = Total sample (n=1,000)
DK/Ref = 2%
Q2

Hours Worked (Per Week)

Respondents were asked how many hours a week they work at a job for which they are paid.

- More than one-half of the respondents (54%) say they are working 40-49 hours per week, with 40% reporting they work exactly 40 hours per week. Three in ten (30%) work 50 hours or more per week, with 13% putting in 60 hours or more. On average, respondents are working about 45 hours per week (44 hours, 55 minutes).
- Those respondents who are working 30-39 hours per week are significantly more likely than those who work 40 or more hours per week to:
 - Spend more time in bed, on average, on workdays (7.41 hours [30-39] vs. 6.91 [40-49], 6.68 [50+]);
 - Be of average weight (37% vs. 26%, 23%);
 - Be female (69% vs. 45%, 30%); and
 - Be gray collar workers (34% vs. 23%, 15%) and/or work in public safety, service or health occupations (16% vs. 7%, 9%).
- Those respondents who are working 50 hours or more per week are significantly more likely than those who work fewer hours per week to:
 - Have driven drowsy at least once a month in the past year (40% vs. 29% [40-49], 24% [30-39]);
 - Be male (70% vs. 55%, 31%);
 - Be working more than one job (15% vs. 3%, 4%); and
 - Be white collar workers (66% vs. 52%, 49%).

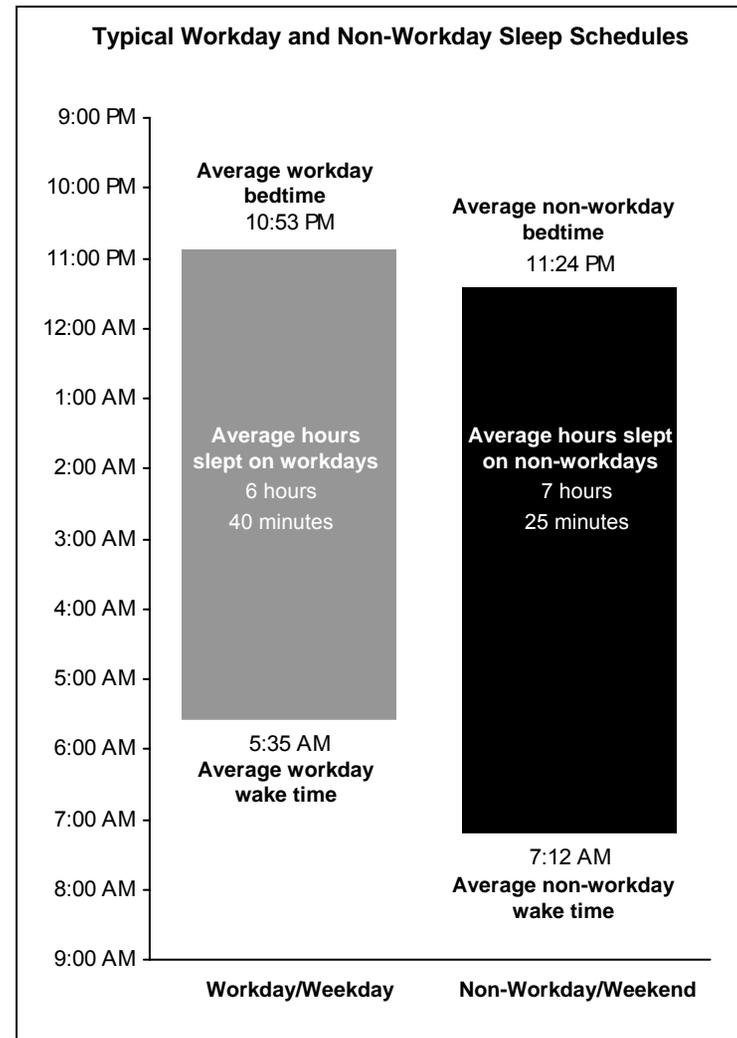


Base = Total sample (n=1,000)
S3

Sleep Habits

Respondents were asked when they typically wake up, go to bed and how long they sleep on both workdays and non-workdays.

- Overall, the respondents cite going to bed about 30 minutes later on non-workdays than on workdays on average. Specifically, respondents say they go to bed, on average, at 10:53 pm on workdays and at 11:24 pm on non-workdays.
- Respondents overall report waking up an average of more than an hour and a half later on non-workdays than on workdays. Specifically, respondents say they wake up, on average, around 5:35 am on workdays and around 7:12 am on non-workdays.
- Therefore, overall, respondents report an average sleep time of 45 minutes longer on non-workdays (7 hours and 25 minutes) than workdays (6 hours and 40 minutes).
 - Even though just over one-half of the respondents (52%) get 7 or more hours of sleep on workdays, 44% get less than 7 hours of sleep on workdays.
 - See the next page for more details.



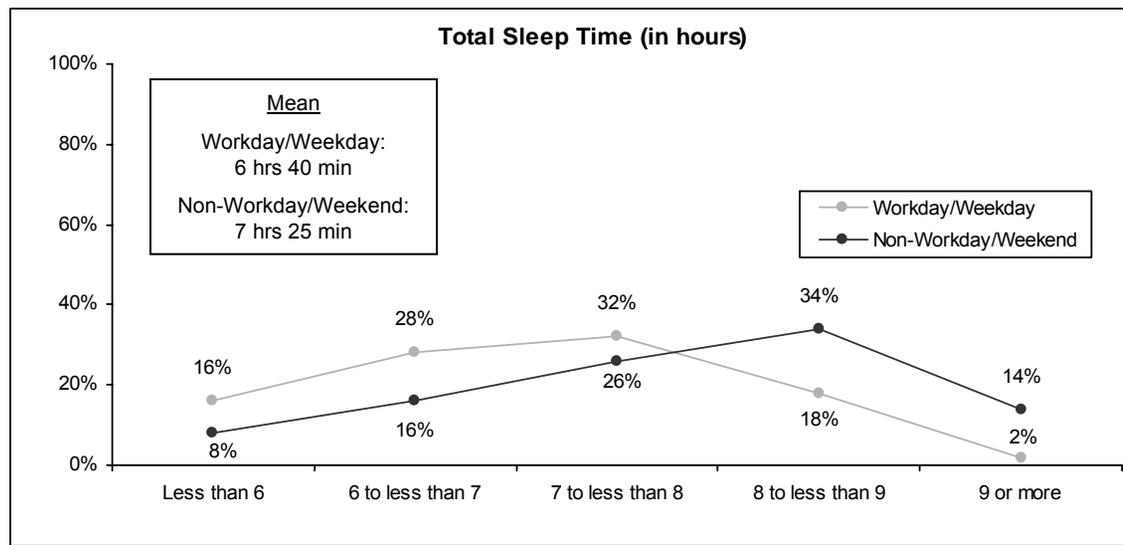
Base = Total sample (n=1,000)
 DK/Ref = 2% – 4%
 Q1, Q4, Q5, Q6

Sleep Habits (continued)

Those respondents who say they are sleeping less than 6 hours on workdays (16% of all respondents) are significantly more likely than those saying they sleep longer to:

- Say they had a good night's sleep only a few nights a month or less (62% vs. 29% [6-<8 hours], 16% [8 or more hours]);
- Take 30 minutes or more to fall asleep (37% vs. 17%, 10%);
- Use a "sleep aid" at least a few nights a week (32% vs. 24%, 20%);
- Be at risk for insomnia (24% vs. 9%, 6%);
- Be at risk for RLS (20% vs. 9%, 10%);
- Have been told by a doctor they have a sleep disorder (27% vs. 12%, 16%);
- Experience daytime sleepiness that interferes with their daily activities at least a few days a week (26% vs. 12%, 10%); and
- Work more hours per week (47.46 hours vs. 44.78, 43.14).

Those who sleep less than 6 hours on workdays are also significantly more likely to be obese than those who sleep 8 hours or more on workdays (41% vs. 28%).

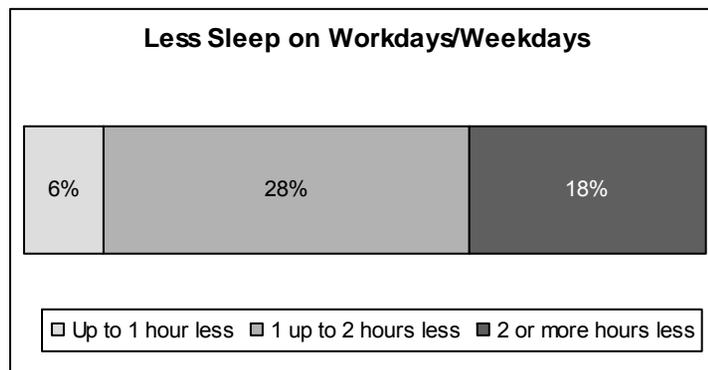
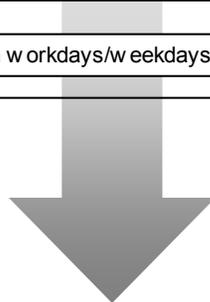
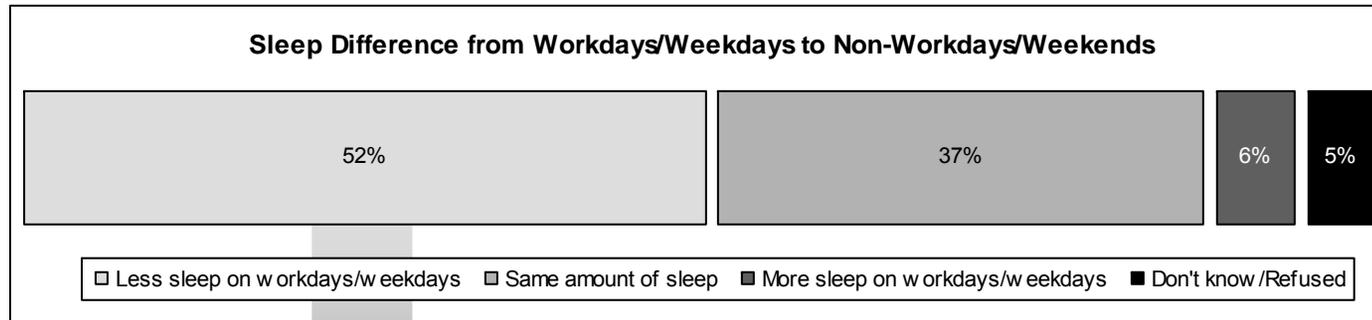


Base = Total sample (n=1,000)
 DK/Ref = 4%
 Q7, Q8

Sleep Habits (continued)

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

- More than one-half of respondents overall (52%) say they get less sleep on workdays than on non-workdays, with 18% saying they get 2 or more hours less.



Base = Total sample (n=1,000)
Q7, Q8

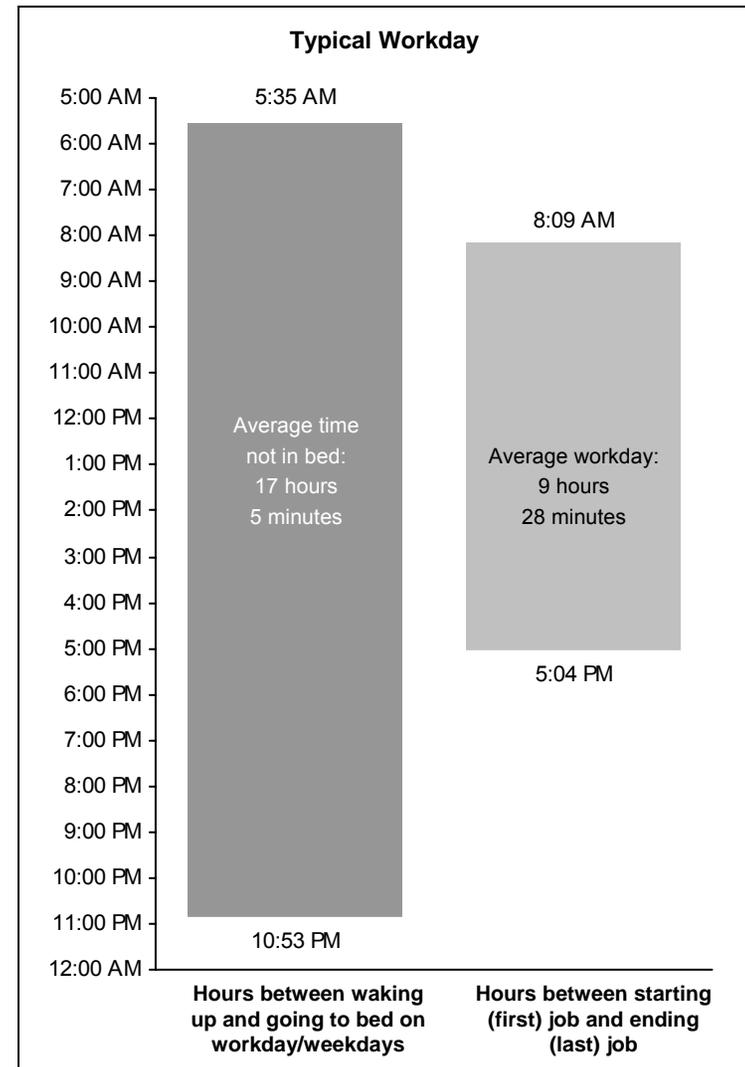
More specifically, those respondents who sleep 2 or more hours less on workdays are significantly more likely than those who reported sleeping the same amount between workdays and non-workdays to:

- Spend less than 6 hours in bed on workdays (27% vs. 14%);
- Be at risk for insomnia (19% vs. 9%);
- Experience daytime sleepiness that interferes with their daily activities at least a few days a week (24% vs. 11%); and
- Have driven drowsy at least once a month in the past year (40% vs. 27%).

Typical Workday

Respondents were asked what time they typically start their job (or first job if they worked more than one job) and end their job (or last job if they worked more than one job).

- Overall, the respondents reported starting work around 8:09 am and ending work around 5:04 pm.
- Using the start and end times of the respondents' jobs, the length of a typical workday was calculated. On average, a typical workday from start to end lasts 9 hours and 28 minutes.
- Specifically, one-fourth of the respondents have a workday that lasts between either 8 to less than 9 hours (25%) or 9 to less than 10 hours (25%). And, 33% have 10 or more hours between beginning and ending their workday.



Base = Total sample (n=1,000)
 DK/Ref = 2% – 5%
 Q1, Q2, Q3, Q4

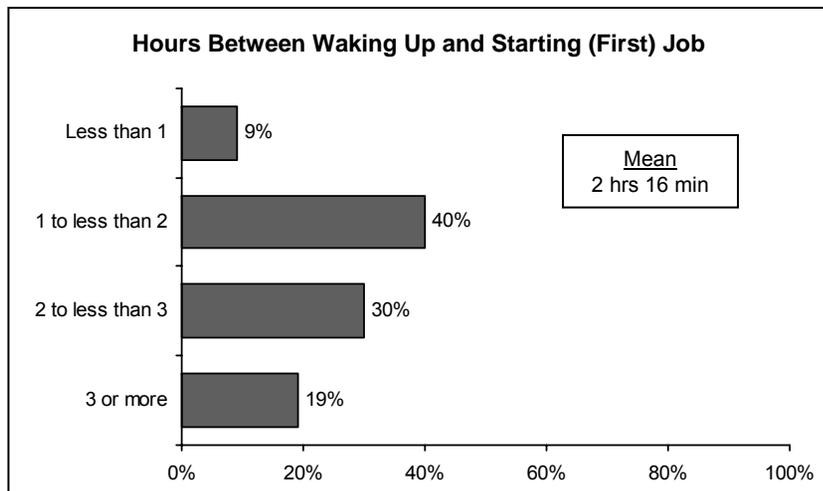
Typical Workday (continued)

Using the times that respondents reported waking up and starting their (first) job, the time they are awake before work was calculated.

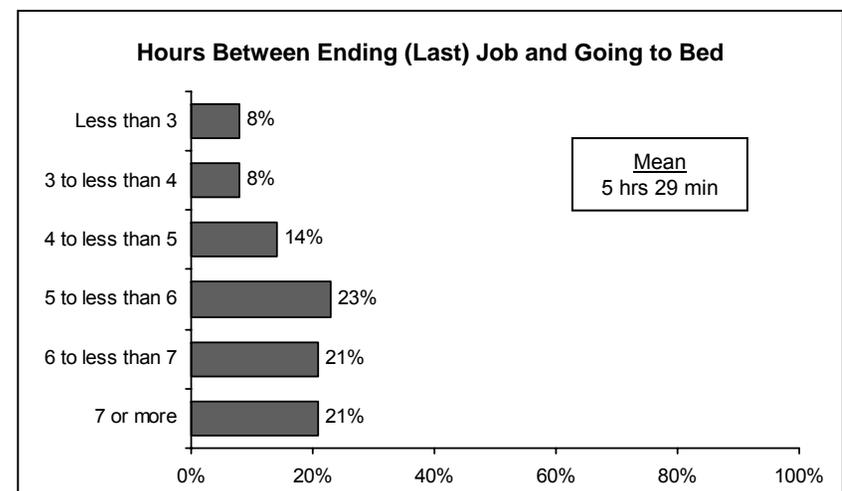
- Four in ten respondents (40%) have between 1 and 2 hours before starting their job after waking up. Another three in ten (30%) have between 2 and 3 hours before beginning their workday after waking up. On average, respondents have 2 hours and 16 minutes between waking up and starting their job.

Similarly, using the times that respondents reported ending their (last) job and going to bed, the time they are not working before going to bed was calculated.

- On average, respondents have 5 hours and 29 minutes before going to bed after ending their job.



Base = Total sample (n=1,000)
DK/Ref = 4%
Q1/Q2



Base = Total sample (n=1,000)
DK/Ref = 6%
Q3/Q4

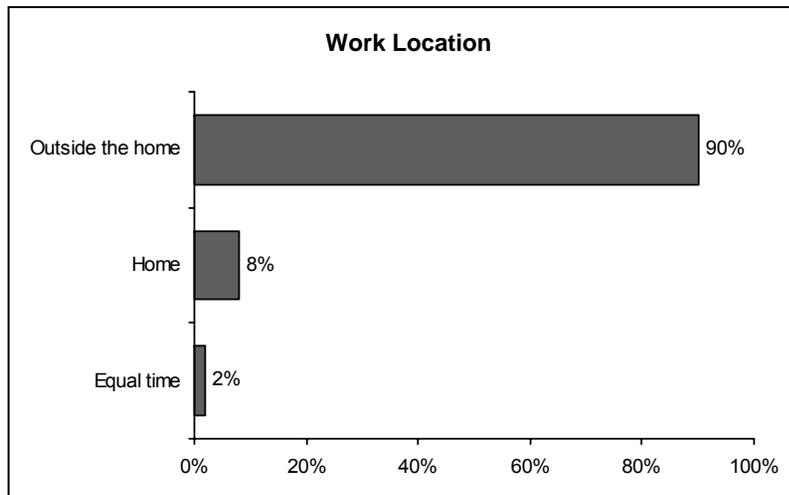
Typical Workday (continued)

Respondents were asked if they primarily work from home or outside the home.

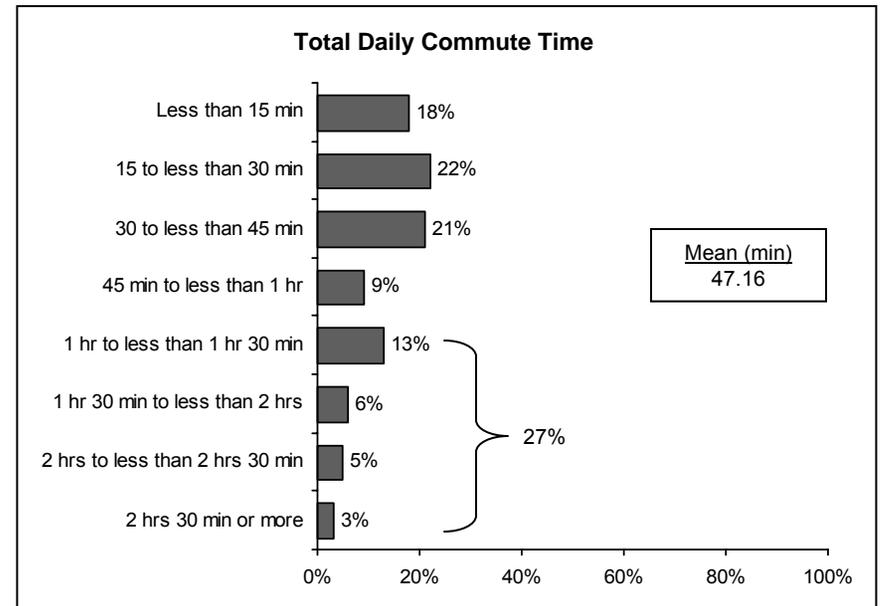
- Nine in ten respondents (90%) report that they work outside the home, while just less than one in ten (8%) say they typically work from home. Another 2% say they spend equal time working at home and outside the home.
 - Notably, those who primarily work outside the home are significantly more likely than those who either work at home or spend equal amounts of time working at home and outside the home to be at risk for OSA (15% vs. 6%) and obese (35% vs. 24%).

Those respondents who did not report that they work primarily from home were then asked what their total daily commute time is, to and from all jobs, on a typical day.

- The average round trip commute for respondents is about 47 minutes (47.16 minutes).



Base = Total sample (n=1,000)
 DK = <1%
 Q11

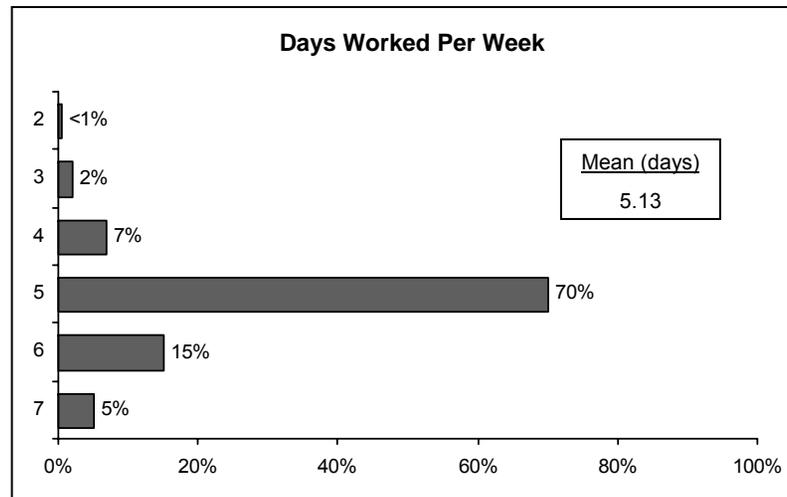


Base = Those who do not primarily work from home (n=924)
 DK/Ref = 2%
 Q14

Typical Workday (continued)

When asked how many days a week they work, most respondents (70%) report working 5 days a week. However, two in ten (20%) say they work 6 or 7 days a week.

- Those respondents working 6 or 7 days a week are significantly more likely than all respondents surveyed to:
 - Spend less than 6 hours in bed on workdays (23% vs. 16%);
 - Sleep less than 6 hours on workdays (23% vs. 16%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (20% vs. 14%); and
 - Be male (70% vs. 56%).



Base = Total sample (n=1,000)
DK/Ref = <1%
Q12

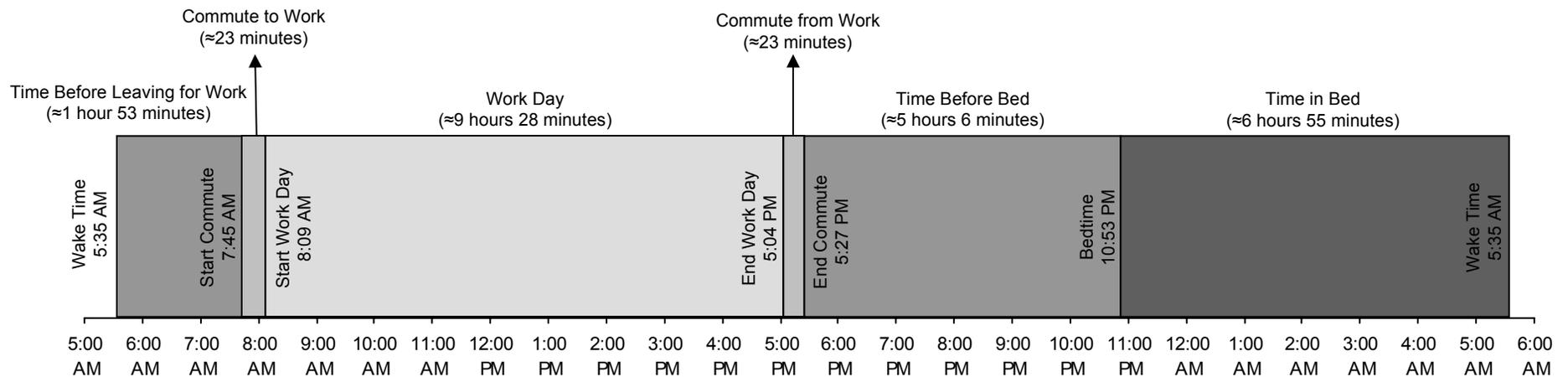
Typical Workday (continued)

The chart below summarizes a typical workday as outlined by the results of a series of questions aimed at understanding the times of day respondents do specific activities.

The respondents' average wake time, work start time, work end time and bedtime were determined by questions asking specifically for this information. These questions and resulting data are shown in the previous slides.

The time before leaving for work, length of workday and time before bed were calculated by cross-tabulating the four previously mentioned questions (wake time, work start time, work end time and bedtime) against each other to derive mean times.

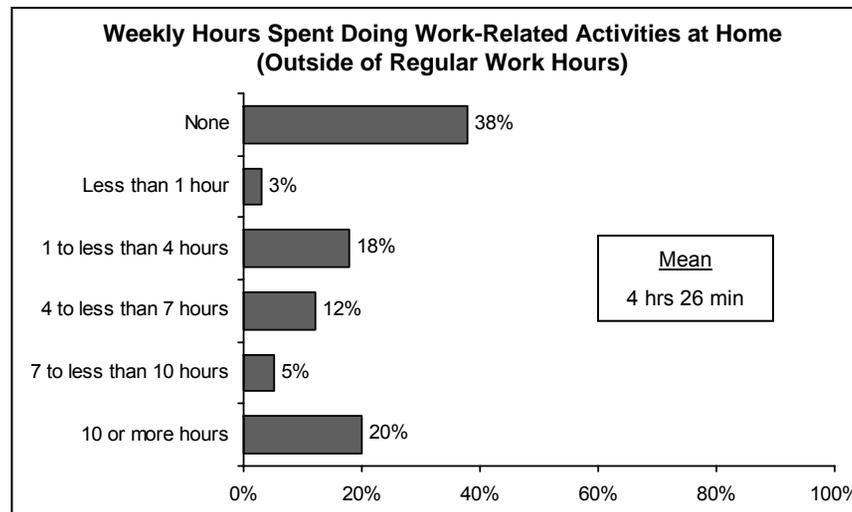
Finally, the respondents were asked their total roundtrip commute time to and from all jobs. The mean commute time was approximately split in half, and the estimated morning/evening commute times were developed by subtracting/adding this time (23 minutes) to the mean work start/end times. This, in turn, decreased the mean time at home in the morning and again in the evening by 23 minutes each, which will allow for the time differences shown on previous slides.



Doing Work at Home

The respondents surveyed were asked how many hours, in an average week, they spend at home doing work-related activities (outside of regular work hours, if they reported working from home).

- Almost four in ten respondents (38%) say they do not spend any time doing work-related activities at home.
- On the other hand, two in ten (20%) spend 10 hours or more a week doing work-related activities (outside of regular work hours) at home.
- The average amount of time spent on work-related activities in an average week among respondents is about four and a half hours (4 hours and 26 minutes).

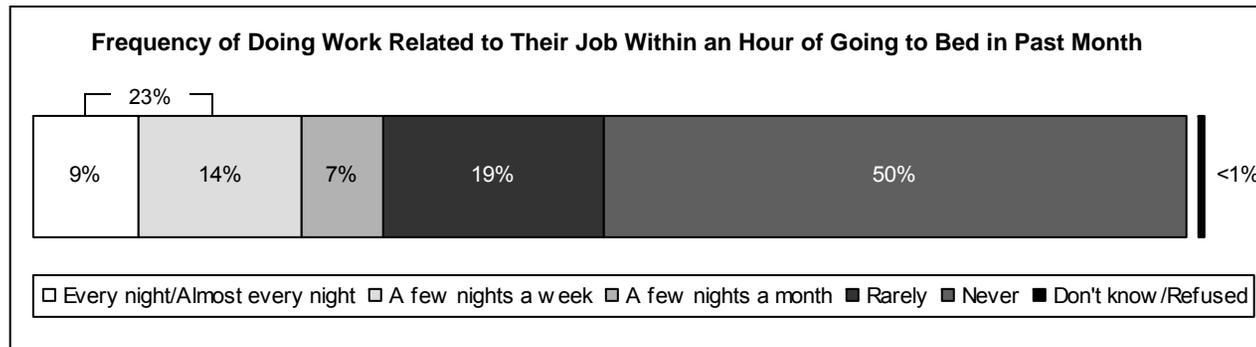


Base = Total sample (n=1,000)
DK/Ref = 4%
Q15

Doing Work at Home (continued)

Respondents were asked how often they did work relating to their job within an hour of going to bed in the past month, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- One-half of the respondents (50%) mentioned that they never did work relating to their job within an hour of going to bed during the past month.
- However, nearly one-fourth (23%) said that they did so at least a few nights a week.

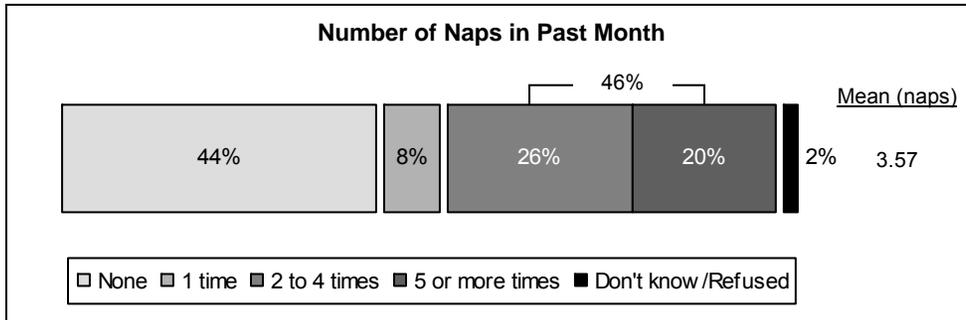


Base = Total sample (n=1,000)
Q17A

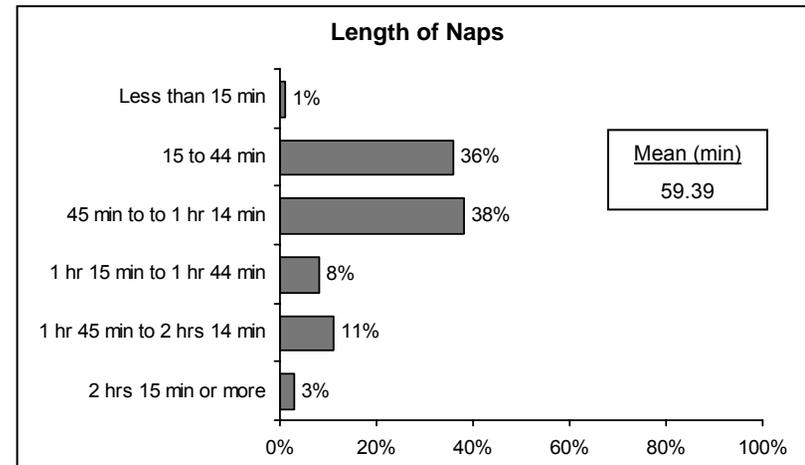
Naps

The NSF 2008 *Sleep in America* Poll indicates that nearly one-half of the respondents (46%) reported taking two or more naps in the past month, citing an average nap time of just less than one hour (59.39 minutes).

- Those who reported taking five or more naps in the past month are significantly more likely than those who did not nap to:
 - Take less than 15 minutes to fall asleep (67% vs. 58%);
 - Have been told by a doctor they have sleep apnea (13% vs. 6%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (19% vs. 12%);
 - Have driven drowsy at least once a month in the past year (38% vs. 26%);
 - Be obese (40% vs. 29%); and
 - Be male (63% vs. 51%).



Base = Total sample (n=1,000)
Q9



Base = Those who have napped at least once in the past month (n=538)
DK/Ref = 1%
Q10

At Risk for Sleep Problems

Using the results to various survey questions, the task force identified subpopulations of respondents who were likely to be at risk for three sleep disorders: Insomnia, Restless Leg Syndrome (RLS) and Obstructive Sleep Apnea (OSA).

To be considered at risk for insomnia, respondents were classified based on two criteria:

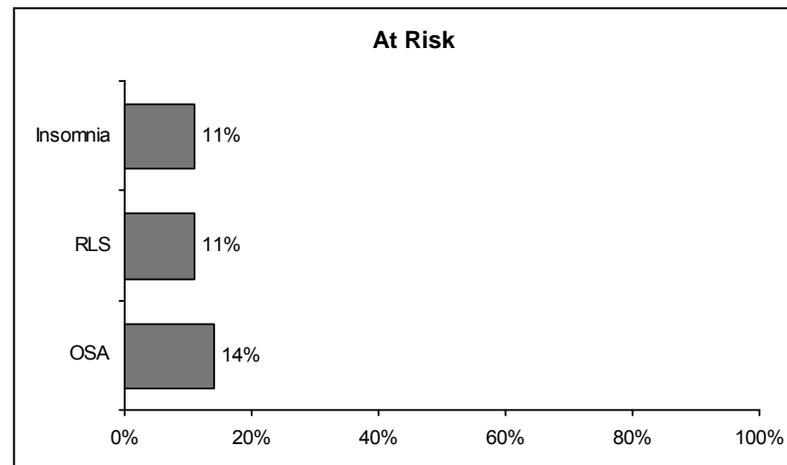
- Responded at least a few nights a week to how frequently they experienced any of the following:
 - “Had difficulty falling asleep”
 - “Awake a lot during the night”
 - “Woke up too early and could not get back to sleep”
- Reported that sleepiness interferes with their daily activities at least a few days a week.

To be considered at risk for RLS, respondents would have identified that they experienced unpleasant feelings in their legs like creepy, crawly or tingly feelings at night with an urge to move when they lie down to sleep at least a few nights a week in the past month, and these feelings are worse at night compared to other times of the day.

And, finally, to be considered at risk for OSA, respondents were classified based on two criteria:

- Reported that they snored at least a few nights a week in the past month; and
- Have a BMI of 30 or greater (considered obese).

Refer to the next page for more details about those respondents who have been identified as being at risk for these sleep disorders.



At Risk for Sleep Problems (continued)

About one in ten respondents (11%) are classified as being at risk for insomnia. These respondents are more likely than all respondents surveyed to:

- Say they had a good night's sleep only a few nights a month or less (68% vs. 32%);
- Take 30 minutes or more to fall asleep (40% vs. 19%);
- Sleep less than 6 hours on workdays (35% vs. 16%);
- Use a "sleep aid" at least a few nights a week (50% vs. 25%);
- Be at risk for RLS (21% vs. 11%);
- Have been told by a doctor they have a sleep disorder (31% vs. 15%); and
- Have driven drowsy at least once a month in the past year (60% vs. 32%).

About one in ten respondents (11%) are classified as being at risk for Restless Legs Syndrome (RLS). These respondents are more likely than all respondents surveyed to:

- Say they had a good night's sleep only a few nights a month or less (56% vs. 32%);
- Take 30 minutes or more to fall asleep (34% vs. 19%);
- Sleep less than 6 hours on workdays (30% vs. 16%);
- Use a "sleep aid" at least a few nights a week (40% vs. 25%);
- Be at risk for insomnia (21% vs. 11%);
- Be at risk for OSA (27% vs. 14%);
- Have been told by a doctor they have a sleep disorder (29% vs. 15%);
- Experience daytime sleepiness that interferes with their daily activities at least a few days a week (24% vs. 14%); and
- Be obese (49% vs. 34%).

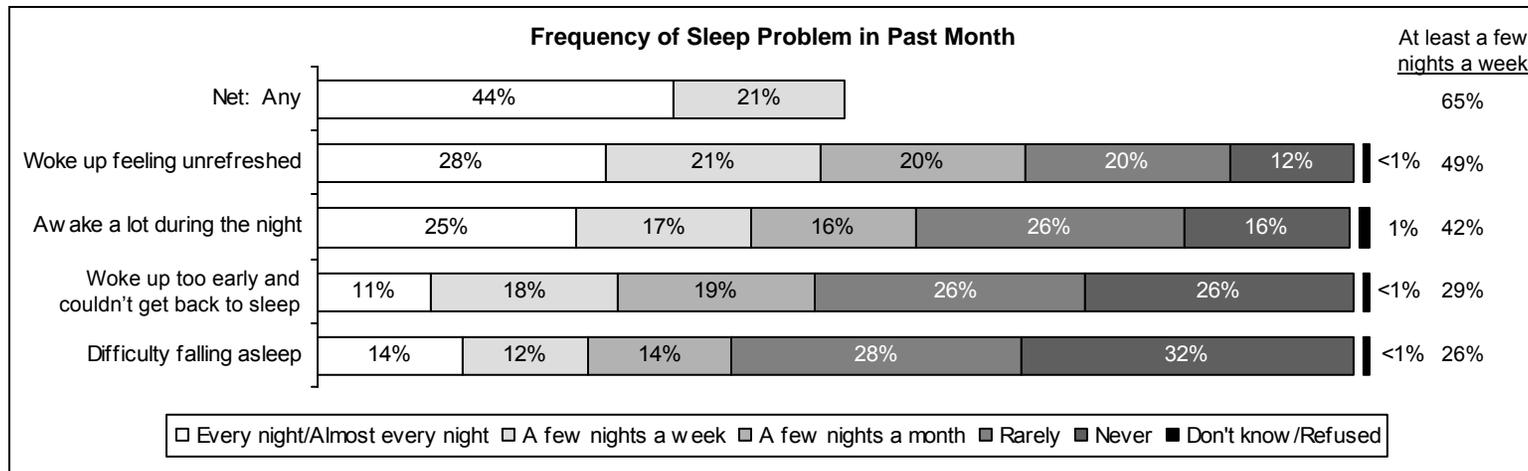
Finally, about one in seven respondents (14%) are classified as being at risk for Obstructive Sleep Apnea (OSA). These respondents are more likely than all respondents surveyed to:

- Be at risk for insomnia (29% vs. 11%); and
- Take 1 or more naps per month (74% vs. 54%).

Sleep Problems

All respondents surveyed were asked how often they experienced a sleep problem in the past month, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- Overall, about two-thirds of respondents (65%) report experiencing any sleep problem at least a few nights a week within the past month, with 44% reporting this occurring every night or almost every night.
- Nearly one-half of the respondents say they woke up feeling unrefreshed (49%) at least a few nights a week in the past month.
- About four in ten respondents were awake a lot during the night (42%) at least a few nights a week in the past month.
- Meanwhile, just more than one-fourth say they woke up too early and couldn't get back to sleep (29%) and/or had difficulty falling asleep (26%) at least a few nights a week.

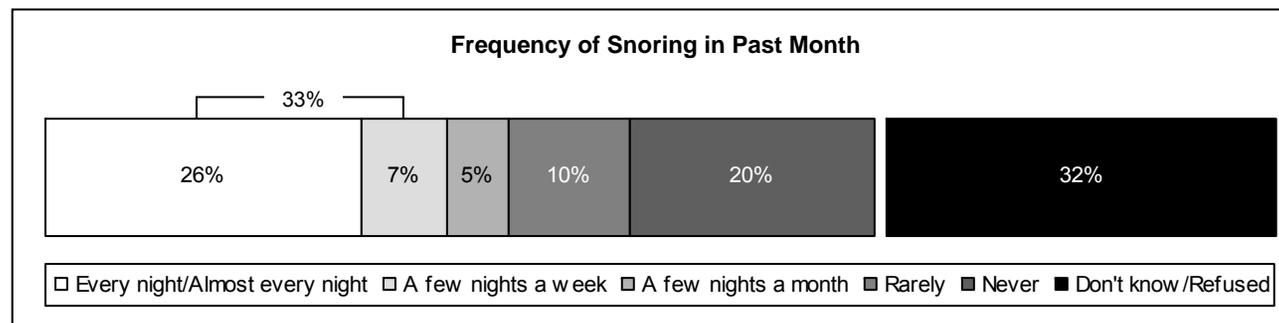


Base = Total sample (n=1,000)
Q18A-D

Sleep Problems (continued)

All respondents surveyed were asked how often they snored in the past month, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- One-third of the respondents (33%) say they snored at least a few nights a week in the past month.
- Those who reported snoring every night or almost every night in the past month are significantly more likely than those who snore a few nights a month or less to:
 - Take less than 5 minutes to fall asleep (19% vs. 12%);
 - Use a “sleep aid” at least a few nights a week (32% vs. 21%);
 - Be at risk for RLS (17% vs. 8%);
 - Have been told by a doctor they have a sleep disorder (23% vs. 14%);
 - Have driven drowsy at least once a month in the past year (39% vs. 28%);
 - Consume more caffeinated beverages per day, on average (3.13 cups/cans vs. 2.34);
 - Be obese (46% vs. 27%); and
 - Be male (65% vs. 53%).



Base = Total sample (n=1,000)
Q18E

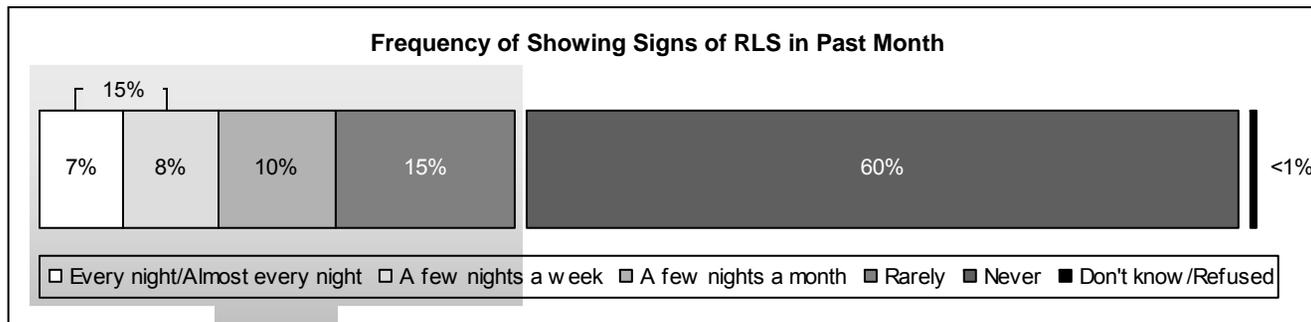
Sleep Problems (continued)

All respondents surveyed were asked how often they had unpleasant feelings in their legs like creepy, crawly or tingly feelings at night with an urge to move when they lie down to sleep (RLS) in the past month, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

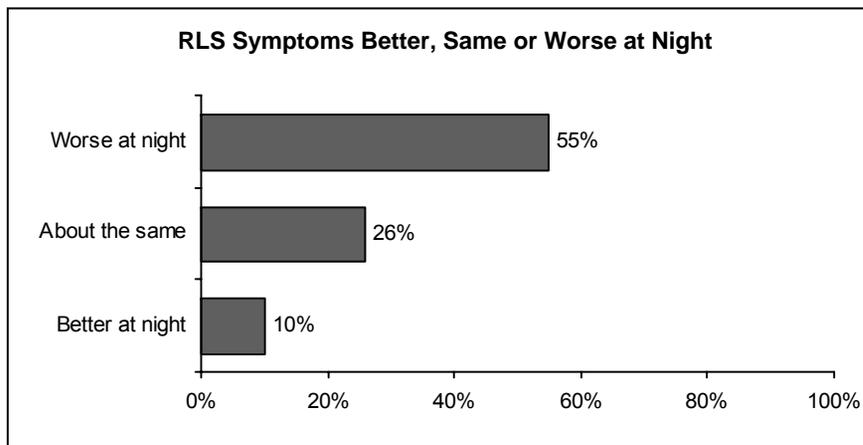
- About one in seven (15%) reported having unpleasant feelings in their legs at least a few nights a week in the past month.

Respondents who experienced these creepy, crawly or tingly feelings in their legs were then asked if the feelings are worse, about the same, or better at night or in the evening compared to other times of the day.

- More than one-half (55%) say the feelings are worse at night.



Base = Total sample (n=1,000)
Q22

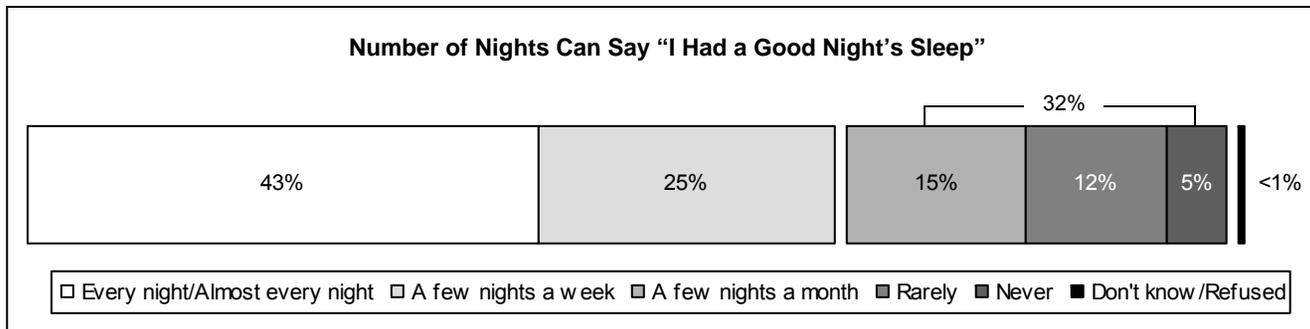


Base = Those who experience symptoms of RLS at least rarely (n=399)
DK/Ref = 10%
Q23

Getting a Good Night's Sleep

All respondents surveyed were asked how often they can say "I had a good night's sleep," using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- Overall, about two-thirds (68%) say they get a good night's sleep at least a few nights a week, with 43% saying every night or almost every night. However, about one-third (32%) say they get a good night's sleep only a few nights a month or less often.
- Respondents who say they had a good night's sleep only a few nights a month or less are significantly more likely than those who said they had a good night's sleep every night or almost every night to:
 - Take 30 minutes or more to fall asleep (38% vs. 6%);
 - Sleep less than 6 hours on workdays (32% vs. 9%);
 - Use a "sleep aid" at least a few nights a week (36% vs. 19%);
 - Be at risk for insomnia (23% vs. 2%);
 - Be at risk for RLS (19% vs. 5%);
 - Have been told by a doctor they have a sleep disorder (20% vs. 12%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (26% vs. 4%);
 - Have driven drowsy at least once a month in the past year (39% vs. 24%); and
 - Be female (53% vs. 37%).

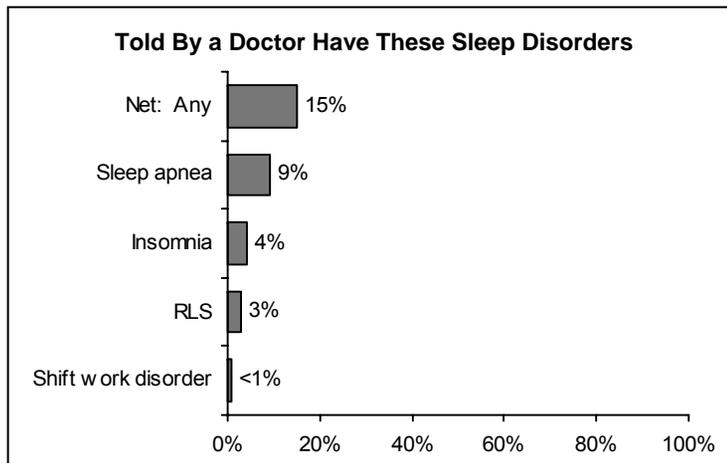


Base = Total sample (n=1,000)
Q21

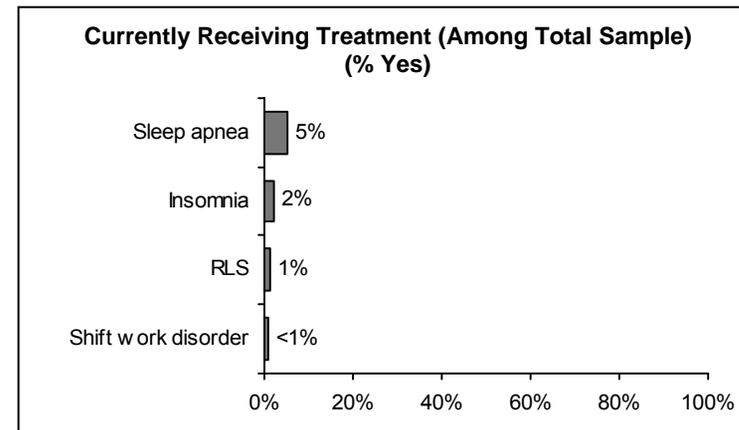
Sleep Disorders

All respondents surveyed were asked if they have ever been told by a doctor that they have certain sleep disorders and if they are currently receiving treatment for those disorders.

- About one in seven respondents (15%) said a doctor has told them they have a sleep disorder.
- About one in ten have sleep apnea (9%), with 5% of the total sample currently being treated.
- Meanwhile, less than one in twenty respondents have been told they have insomnia (4%) and/or RLS (3%), with few in the total sample (2%, 1% respectively) currently receiving treatment for the disorder.
- Respondents who have been told by a doctor that they have a sleep disorder are significantly more likely than those who do not have a sleep disorder to:
 - Sleep less than 6 hours on workdays (25% [sleep apnea], 38% [RLS], 36% [insomnia] vs. 14% [none]); and
 - Use a “sleep aid” at least a few nights a week (36%, 50%, 69% vs. 22%).
- Interestingly, respondents who have been told by a doctor that they have RLS and/or insomnia are significantly more likely than those who have been told they have sleep apnea or no sleep disorders to experience daytime sleepiness that interferes with their daily activities at least a few days a week (47% [RLS], 38% [insomnia] vs. 19% [sleep apnea], 12% [none]).
- Those respondents who have been told by a doctor they have sleep apnea are significantly more likely than those who have been told they have RLS or insomnia to be male (67% [sleep apnea] vs. 31% [RLS], 36% [insomnia]).



Base = Total sample (n=1,000)
 Select Mentions
 DK/Ref = 1%
 Q24

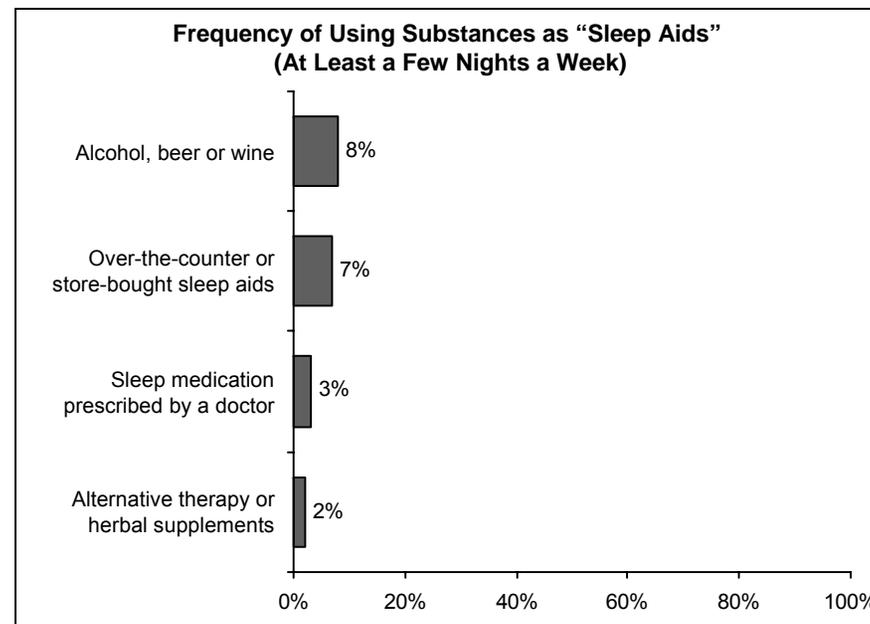


Base = Total sample (n=1,000)
 Ref = <1%
 Q24A

Sleep Aids

All respondents were asked how often they use various “sleep aids” specifically to help them sleep, using a scale of every night/almost every night, a few nights a week, a few nights a month, rarely or never.

- Nearly one in ten respondents report consuming alcohol, beer or wine (8%) as a “sleep aid” at least a few nights a week.
- Meanwhile, 7% report using over-the-counter or store-bought sleep aids at least a few nights a week.
- And, less than one in twenty respondents say they use sleep medication prescribed by a doctor (3%) or alternative therapy such as acupuncture or herbal supplements like Melatonin or Valerian (2%) at least a few nights a week.



Base = Total sample (n=1,000)
DK/Ref = <1% – 1%
Q25

BMI

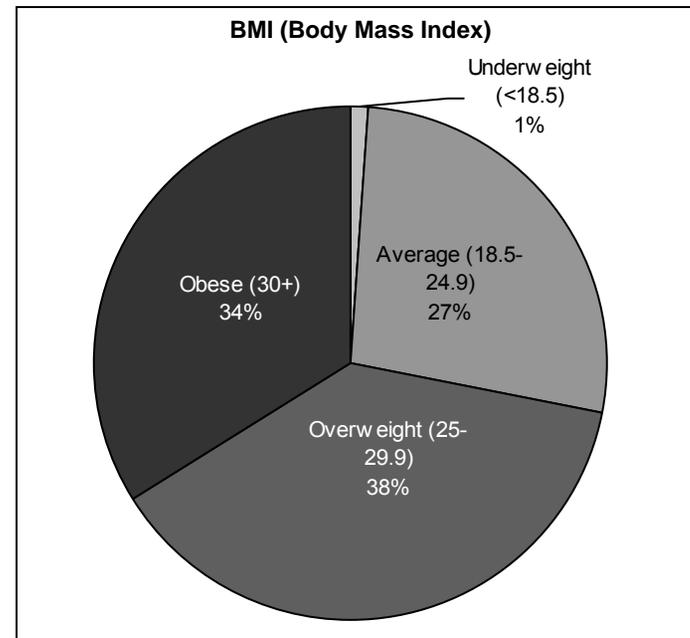
Respondents were asked to report their height and weight, without shoes. Using this information, the Body Mass Index (BMI) for all respondents was calculated using the following formula:

$$\text{BMI} = \frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 705$$

Respondents whose BMI is below 18.5 are considered underweight. Those who fall into a BMI range of 18.5 to 24.9 are classified as average. Those who have a BMI score of 25.0 to 29.9 are classified as being overweight, and those who have a score of 30 or more are considered obese.

The 2008 *Sleep in America* poll indicates that nearly three-fourths (72%) of the respondents surveyed are either overweight (38%) or obese (34%), while 27% are average weight. Only 1% can be considered underweight.

- Respondents who are considered obese are more likely than those who are average weight to:
 - Spend less time in bed, on average, on workdays (6.81 hours vs. 7.12);
 - Sleep less than 6 hours on workdays (19% vs. 12%);
 - Be at risk for RLS (16% vs. 4%);
 - Have been told by a doctor they have a sleep disorder (23% vs. 6%);
 - Have driven drowsy at least once a month in the past year (38% vs. 26%);
 - Take 1 or more naps per month (60% vs. 49%); and
 - Be male (58% vs. 41%).

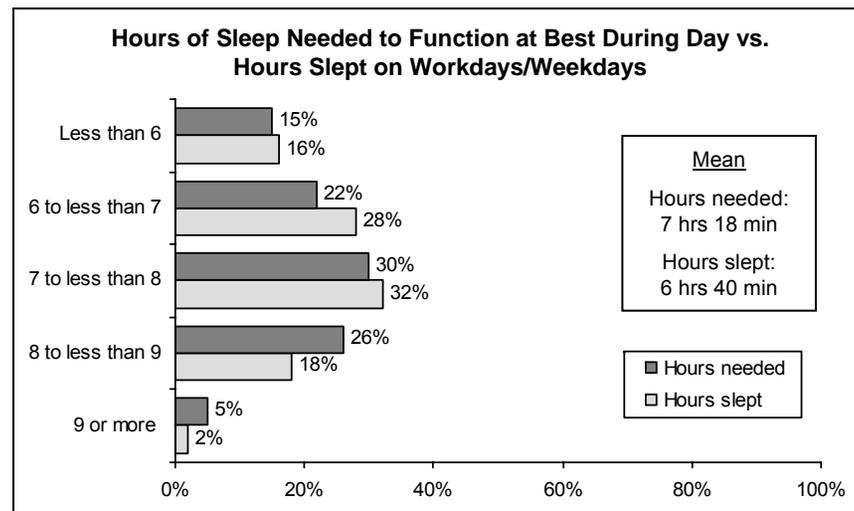


Base = Those answering (n=969)
Q26/Q27

Daily Activities

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

- Respondents on average are reporting that they need 7 hours and 18 minutes to function at their best, but they report getting an average of 6 hours and 40 minutes of sleep on a typical night.
- About three in ten respondents (31%) report that they need at least 8 hours of sleep to function at their best during the day, but only 20% of respondents report that they sleep this much.



Base = Total sample (n=1,000)
DK/Ref = 2% – 4%
Q7, Q32

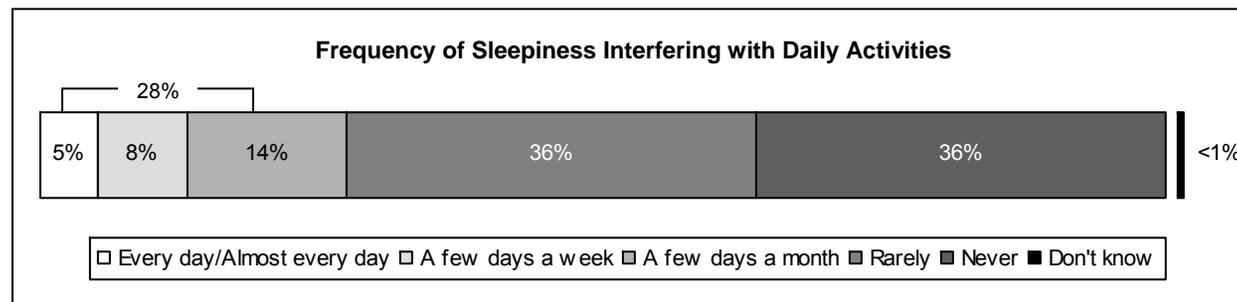
Daily Activities (continued)

All respondents surveyed were asked how often sleepiness interferes with daily activities, using a scale of every day/almost every day, a few days a week, a few days a month, rarely or never.

- Overall, about three in ten respondents (28%) report that sleepiness interferes with their daily activities at least a few days a month, with 5% saying it does so every day or almost every day.
- Meanwhile, about one-third (36%) say that sleepiness never interferes with their daily activities.

All respondents were also asked their likelihood of dozing while doing various daily activities, using a scale of a high chance, moderate chance, low chance or no chance.

- Roughly four in ten respondents reported having at least a moderate chance of dozing when lying down to rest in the afternoon (45%) and/or when watching television (37%).
- One-third said they have a moderate chance of dozing while sitting and reading (33%), while just less than one-fourth reported a moderate chance of dozing while riding as a passenger in a car for an hour without a break (23%).



Base = Total sample (n=1,000)
Q31

Dealing with Sleepiness

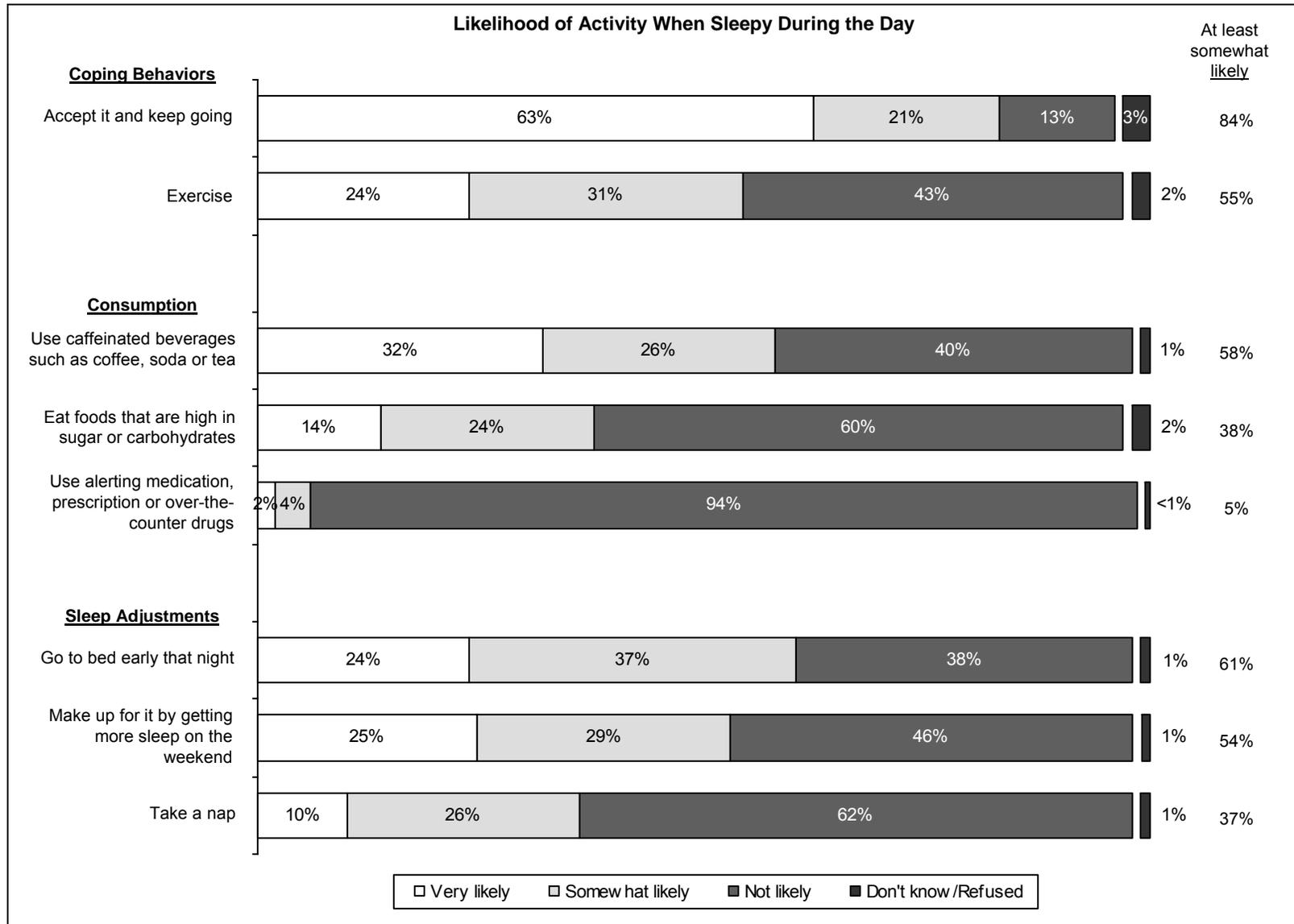
All respondents surveyed were asked the likelihood of doing various activities to help them get through the day when they are sleepy, using a scale of very likely, somewhat likely or not likely.

- Overall, respondents tend to most often use coping behaviors when they are sleepy during the day. For example, more than eight in ten respondents (84%) say they are at least somewhat likely to just accept it and keep going, while more than one-half (55%) are at least somewhat likely to exercise.
 - When compared to those who are somewhat or not likely to accept it and keep going when they are sleepy during the day, those who are very likely to accept it and keep going are significantly more likely to:
 - Have driven drowsy at least once a month in the past year (35% vs. 26%);
 - Say they had a good night's sleep only a few nights a month or less (35% vs. 26%); and
 - Be female (50% vs. 36%).
- Meanwhile, some respondents use a form of consumption when they are sleepy during the day. Specifically, 58% of respondents say they are at least somewhat likely to use caffeinated beverages.
 - Specifically, four in ten respondents (40%) say they drink one or two cups or cans per day, while another 41% say they drink three or more caffeinated beverages.
- Nearly four in ten (38%) are likely to eat foods that are high in sugar or carbohydrates when they are sleepy during the day.
- One in twenty (5%) are likely to use alerting medication, prescription or over-the-counter drugs.
- And, some respondents adjust their sleep when they are sleepy during the day. About six in ten respondents say they are at least somewhat likely to go to bed early that night (61%), while 54% are at least somewhat likely to make up for it by getting more sleep on the weekend, and 37% will take a nap.

When asked their likelihood of doing various activities to help them get through the day when they are sleepy, the following groups of people are significantly more likely than their counterparts to report that they would be:

- At least somewhat likely to make up for it by getting more sleep on the weekend
 - Those who work between 40-49 hours (58%) versus those who work 50 hours or more (47%) per week;
 - White collar (57%) and government (60%) workers versus gray collar workers (48%); and
 - Those who sleep 6 to less than 8 hours (55%) versus those who sleep less than 6 hours (46%) on workdays.
- At least somewhat likely to take a nap
 - Those who work between 30-39 hours per week (45%) versus those who work 50 hours or more per week (34%); and
 - Shift workers (55%) versus non-shift workers (35%).

Dealing with Sleepiness (continued)

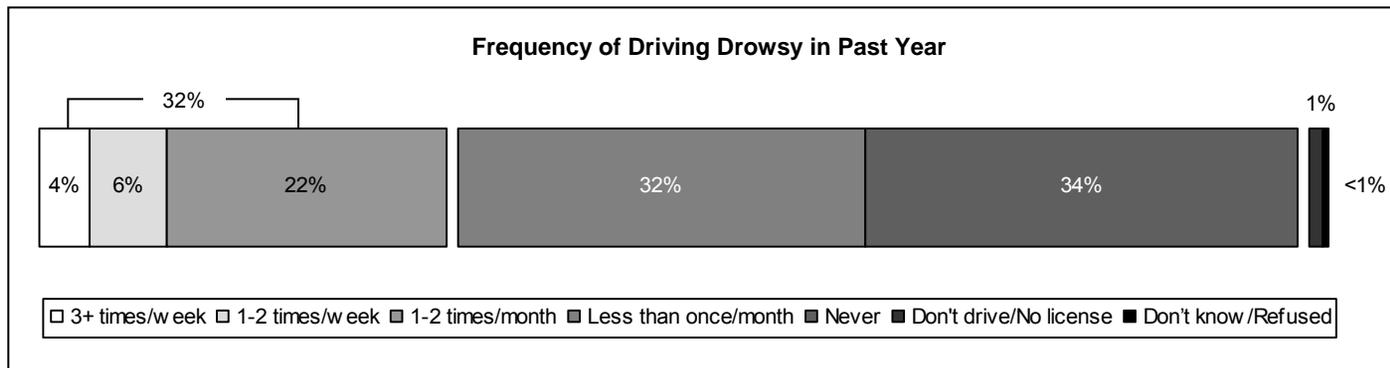


Base = Total sample (n=1,000)
Q33

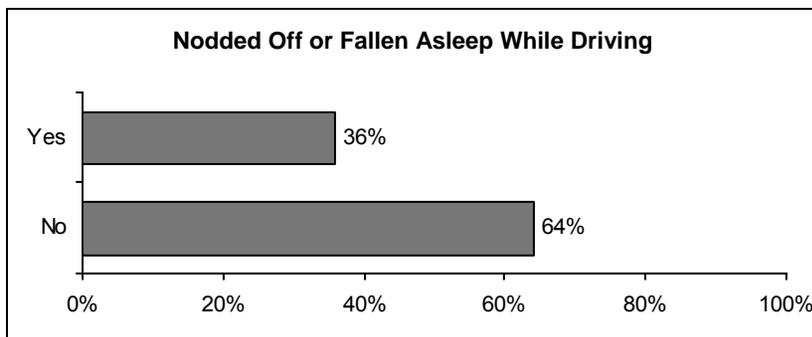
Drowsy Driving

Overall, 32% of all respondents surveyed report that they have driven drowsy at least once per month during the past year.

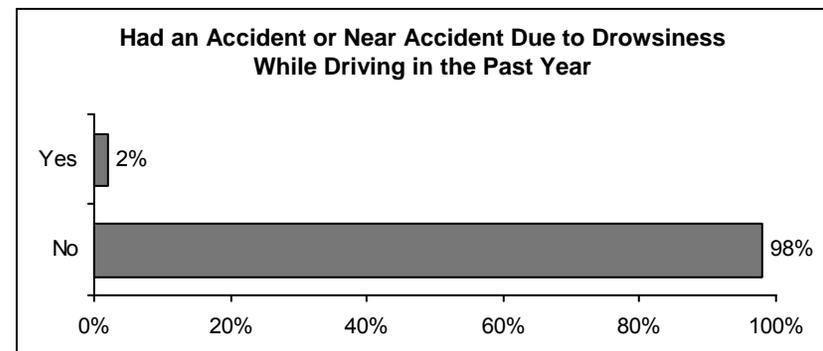
- Among those who drive, more than one-third (36%) have nodded off or fallen asleep, even just for a brief moment, while driving a vehicle.
- And, 2% of those who drive have had an accident or near accident due to drowsiness while driving in the past year.
 - Not surprisingly, those who drive and sleep less than 6 hours on workdays are significantly more likely than those who drive and sleep 8 hours or more on workdays to have had an accident or near accident due to drowsiness while driving in the past year (4% vs. <1%).



Base = Total sample (n=1,000)
Q34



Base = Those who drive (n=989)
DK = <1%
Q35

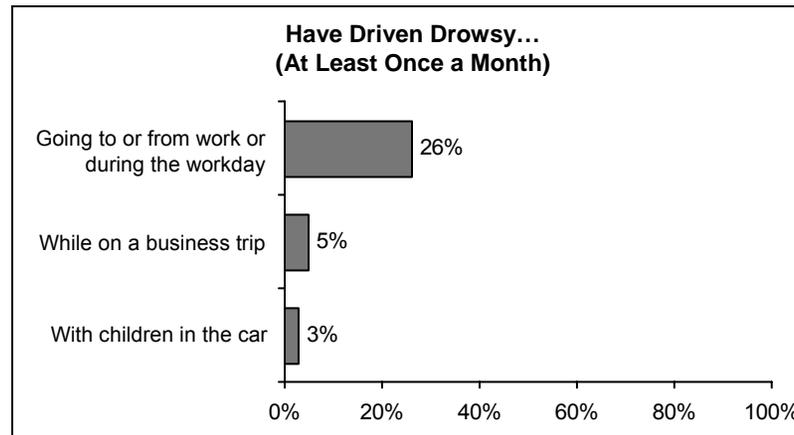


Base = Those who drive (n=989)
Q36

Drowsy Driving (continued)

Respondents were asked if they have ever driven drowsy in various situations.

- Among those who drive and work outside the home, about one-fourth (26%) say they have driven drowsy going to or from work or during the workday.
- Meanwhile, another 5% of those who drive and work outside the home say they have driven drowsy while on a business trip and 3% have driven drowsy with children in the car.

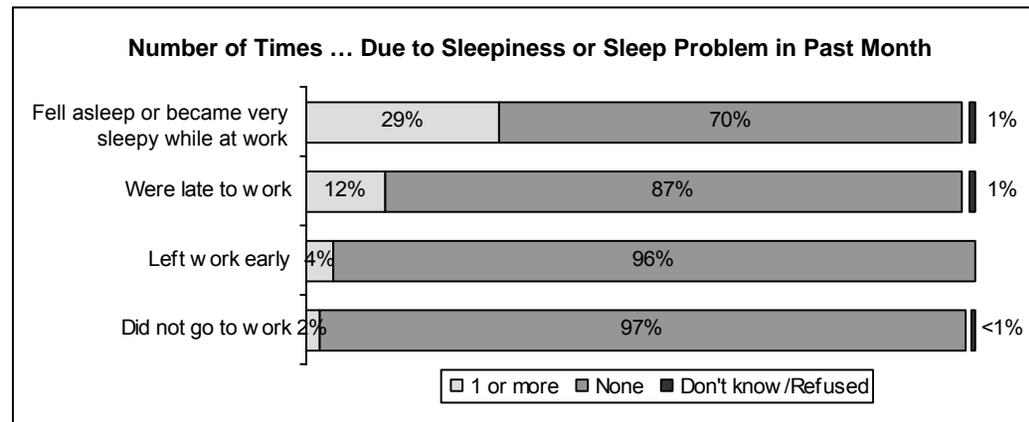


Base = Those who drive and work outside the home (n=914)
Q37

Impact of Sleepiness on Work

All respondents surveyed were asked how many times they experienced certain situations in the past month due to various factors regarding sleepiness or sleep problems.

- About three in ten respondents (29%) have fallen asleep or became very sleepy while they were at work in the past month because of sleepiness or because they have a sleep problem.
- Just more than one in ten (12%) were late to work in the past month due to sleepiness or a sleep problem.
- And, less than one in twenty left work early (4%) or did not go to work (2%) in the past month because they were too sleepy or because of a sleep problem.



Base = Total sample (n=1,000)
Q39

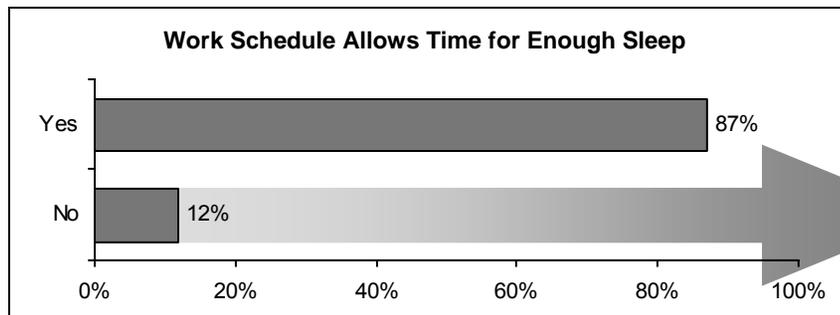
Work Schedule and Sleep

All respondents surveyed were asked if their current work schedule allows them to get enough sleep.

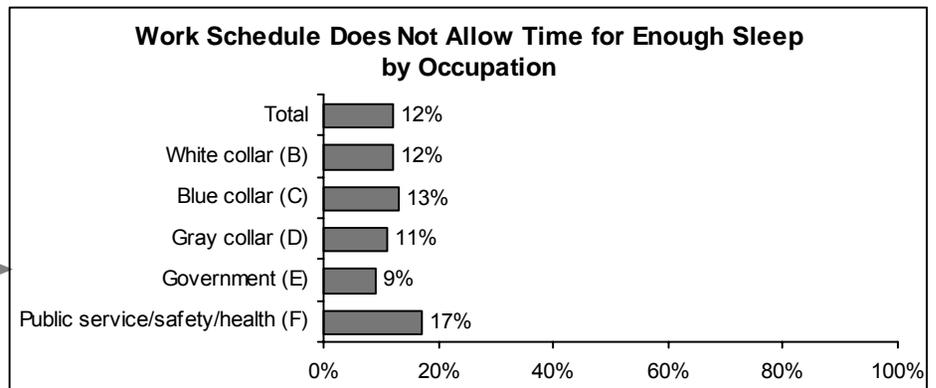
- The vast majority of respondents (87%) agreed that their work schedule allows them to get enough sleep.
- However, 12% say that their current work schedule does not allow them to get enough sleep.
- Those respondents whose work schedule does not allow for enough sleep are significantly more likely than those whose schedule does allow for enough sleep to:
 - Say they had a good night's sleep only a few nights a month or less (55% vs. 28%);
 - Take 30 minutes or more to fall asleep (31% vs. 17%);
 - Sleep less than 6 hours on workdays (32% vs. 13%);
 - Use a "sleep aid" at least a few nights a week (37% vs. 23%);
 - Be at risk for insomnia (23% vs. 9%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (29% vs. 11%); and
 - Have driven drowsy at least once a month in the past year (53% vs. 28%).

The following groups of people are significantly less likely than their counterparts to say that their work schedule allows them to get enough sleep:

- Those working more than one job (77%) or full-time (87%) versus those who work part-time (97%);
- Those who are working 50 hours or more (76%) versus those who work 40-49 hours (91%) or 30-39 hours (96%) per week;
- Shift workers (63%) versus non-shift workers (89%); and
- Those who sleep less than 6 hours (72%) versus those who sleep 6 to less than 8 hours (88%) or 8 or more hours (95%) on workdays.



Base = Total sample (n=1,000)
DK/Ref = 1%
Q40



Base = Total sample (Total n=1,000; White collar n=546; Blue collar n=217; Gray collar n=218; Government n=128; Public service/safety/health n=90)
DK/Ref = 1%
Letters indicate significant differences at the 95% confidence level.
Q40

Naps at Work

All respondents surveyed were asked if they ever nap at work.

- The vast majority of respondents (89%) say they do not nap at work, while one in ten (10%) say they have ever napped at work.
 - Notably, blue collar workers are significantly more likely than white collar workers to say that they have ever taken a nap at work (15% vs. 9%).

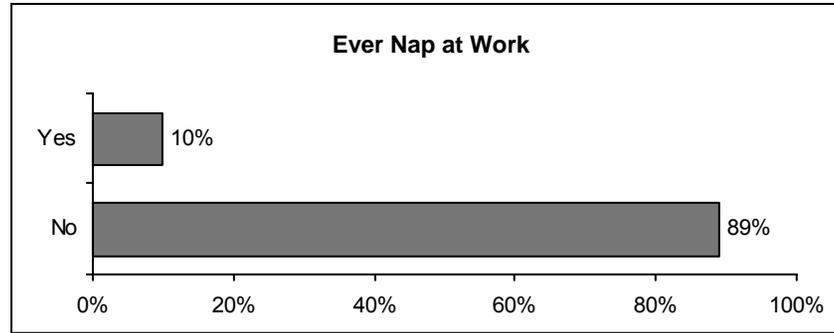
Respondents were also asked if their workplace allowed them to nap during breaks, and if they were provided a place that can be used for employees to nap.

- About one-third of the respondents (34%) report that their employer allows them to nap during breaks, and 16% mentioned that their workplace provides a place for employees to nap.
 - About one-fourth of those who work in public services, safety or health related jobs (24%) are provided a place to take naps, while two in ten gray collar workers are provided a place to do so (20%).

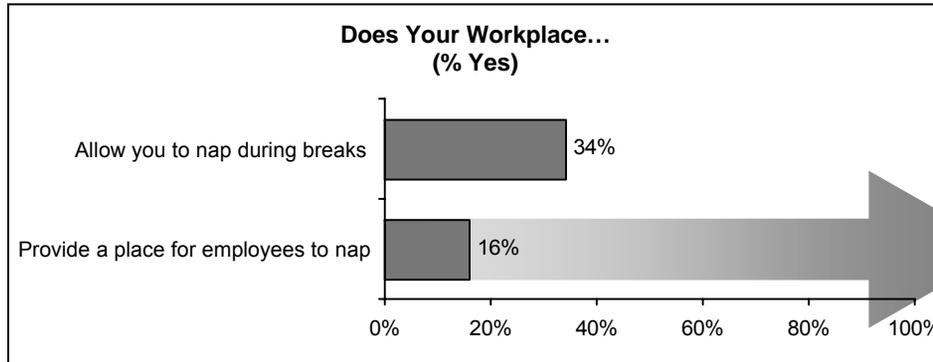
Those respondents whose employer does not allow or those who don't know if their employer allows them to take naps during breaks were then asked if they would take naps if their employer allowed it.

- About one-fourth of these respondents (26%) report that they would take naps at work if their employer allowed it.

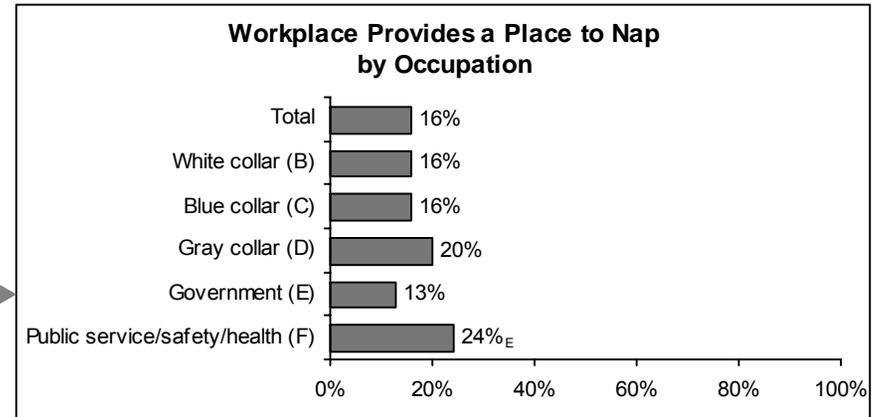
Naps at Work (continued)



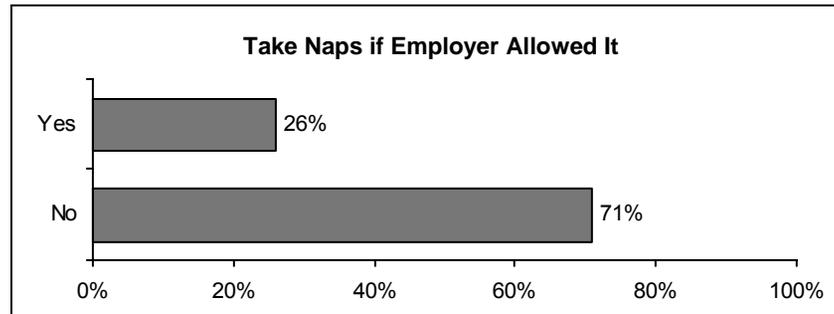
Base = Total sample (n=1,000)
 Ref = <1%
 Q41



Base = Total sample (n=1,000)
 DK/Ref = 2% – 6%
 Q42a,b



Base = Total sample (Total n=1,000; White collar n=546; Blue collar n=217; Gray collar n=218; Government n=128; Public service/safety/health n=90)
 DK/Ref = 1%
 Letters indicate significant differences at the 95% confidence level.
 Q42b

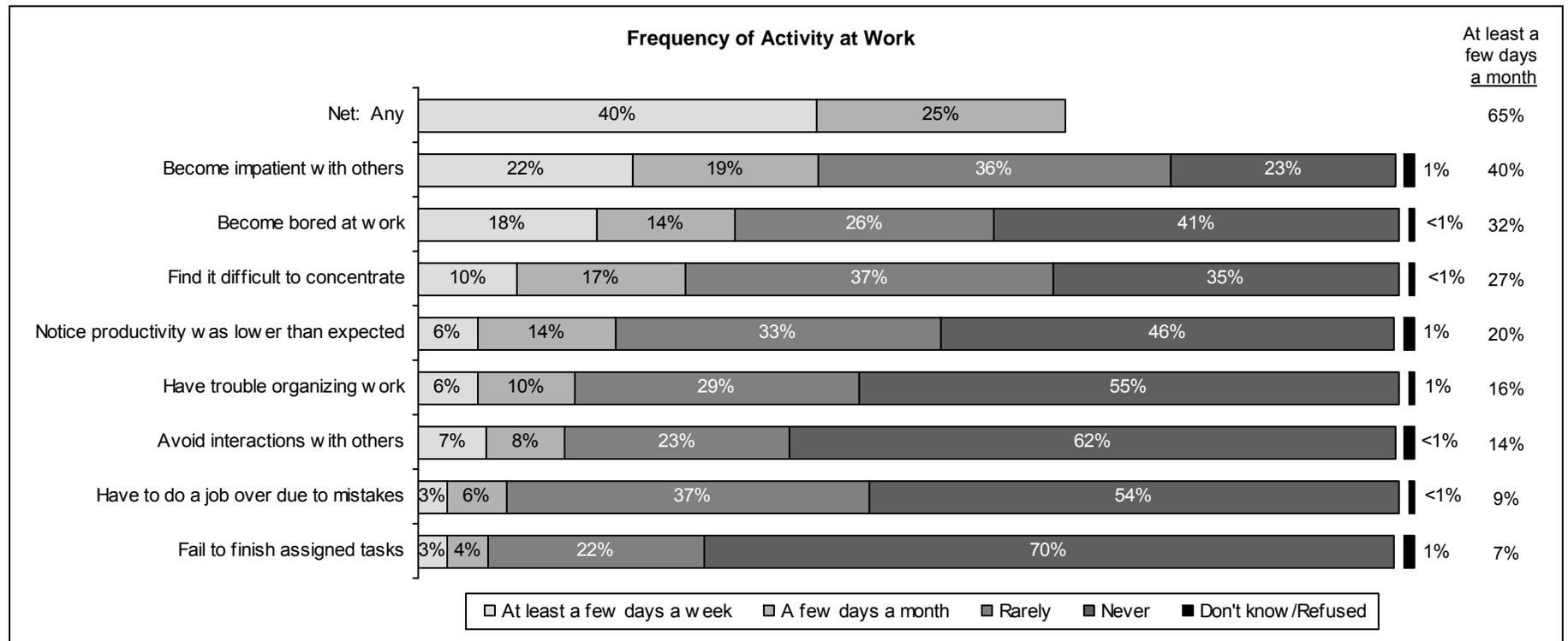


Base = Those whose employer does not allow or who don't know if their employer allows them to take naps during breaks (n=655)
 DK/Ref = 3%
 Q43

Frequency of Activities at Work

All respondents surveyed were asked how frequently they have experienced various attributes while at work in the past month on a scale of every day/almost every day, a few days a week, a few days a month, rarely or never.

- Nearly two-thirds (65%) have experienced at least one of the attributes at work in the past month, with 22% saying they experience at least one of them every day or almost every day.
- More specifically, four in ten (40%) say they became impatient with others at work at least a few days a month in the past month.
- Roughly three in ten became bored at work (32%) or found it difficult to concentrate (27%) at least a few days a month in the past month.
- And, two in ten (20%) noticed that their productivity was lower than expected at least a few days a month in the past month.



Base = Total sample (n=1,000)
Q44

Frequency of Activities at Work (continued)

When asked how frequently they have experienced various attributes while at work in the past month, the following groups of respondents were significantly more likely than their counterparts to:

- Avoid interactions at work at least a few days a week in the past month
 - Those who work full-time (7%) versus those who work part-time (1%);
 - Blue collar (10%) versus white collar (5%) workers; and
 - Those who sleep less than 6 hours (9%) or 8 hours or more (9%) on workdays versus those who sleep 6 to less than 8 hours on workdays (4%).
- Become impatient with others at least a few days a week in the past month
 - Those who are working 50 hours or more (29%) per week versus those who are working 40-49 hours (20%) or 30-39 hours (12%) per week.
- Have trouble organizing work at least a few days a week in the past month
 - Those who are working 50 hours or more (9%) per week versus those who are working 40-49 hours (4%) per week; and
 - White collar (7%) versus blue collar (3%) workers.
- Find it difficult to concentrate at least a few days a week in the past month
 - Gray collar (13%) versus blue collar (6%) workers; and
 - Those who sleep less than 6 hours on workdays (16%) versus those who sleep 6-<8 hours (8%) or 8 hours or more (8%) on workdays.

Injury/Accident at Work

All respondents surveyed were asked how many times in the past year they injured themselves or someone else at work.

- Less than one in ten (8%) had done so at least once in the past year.

Similarly, respondents were asked how many times in the past year they had a serious incident or accident at work.

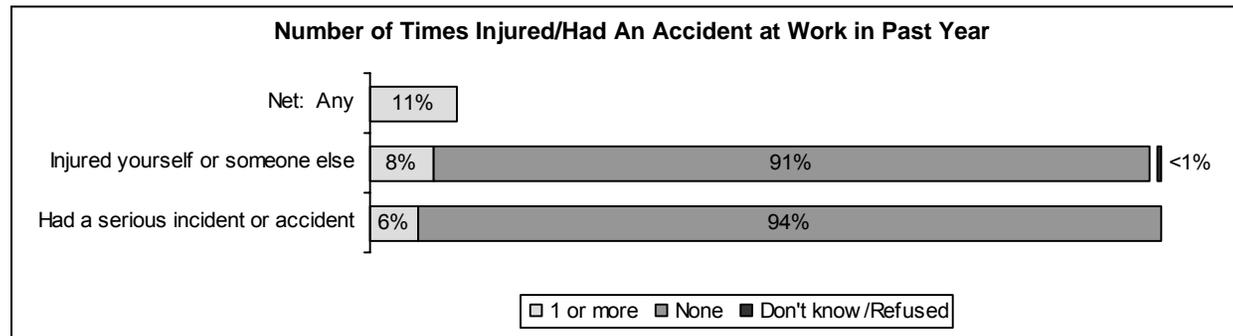
- Just more than one in twenty (6%) indicated they had an incident or accident in the past year.

Among those who have either injured themselves or someone else or had a serious incident or accident at work in the past year (11%), these respondents are significantly more likely than those who have not experienced either to:

- Take 30 minutes or more to fall asleep (28% vs. 18%);
- Spend less than 6 hours in bed on workdays (23% vs. 15%); and
- Take 1 or more naps per month (64% vs. 53%).

Blue collar workers and those who work in public safety, service or health positions are significantly more likely than gray collar workers to have injured themselves or someone else or had a serious incident or accident at work in the past year (19%, 17% vs. 8%).

- Blue collar workers are also significantly more likely than white collar workers to have done the same (19% vs. 10%).

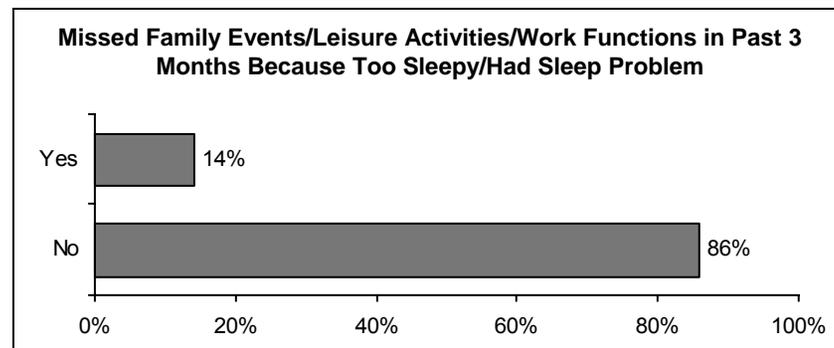


Base = Total sample (n=1,000)
Q45

Missed Events

The respondents surveyed were asked if they have missed family events, leisure activities or work functions in the past 3 months because they were too sleepy or had a sleep problem.

- About one in seven respondents (14%) say they have missed at least one event due to sleepiness or a sleep problem in the past 3 months.
- Those respondents who have missed events, activities or work functions in the past 3 months are significantly more likely than those who have not to:
 - Say they had a good night's sleep only a few nights a month or less (51% vs. 29%);
 - Take 30 minutes or more to fall asleep (33% vs. 17%);
 - Sleep less than 6 hours on workdays (23% vs. 15%);
 - Use a "sleep aid" at least a few nights a week (47% vs. 22%);
 - Be at risk for insomnia (32% vs. 8%);
 - Be at risk for RLS (19% vs. 10%);
 - Have been told by a doctor they have a sleep disorder (25% vs. 13%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (38% vs. 10%);
 - Have driven drowsy at least once a month in the past year (50% vs. 29%); and
 - Take 1 or more naps per month (67% vs. 52%).



Base = Total sample (n=1,000)

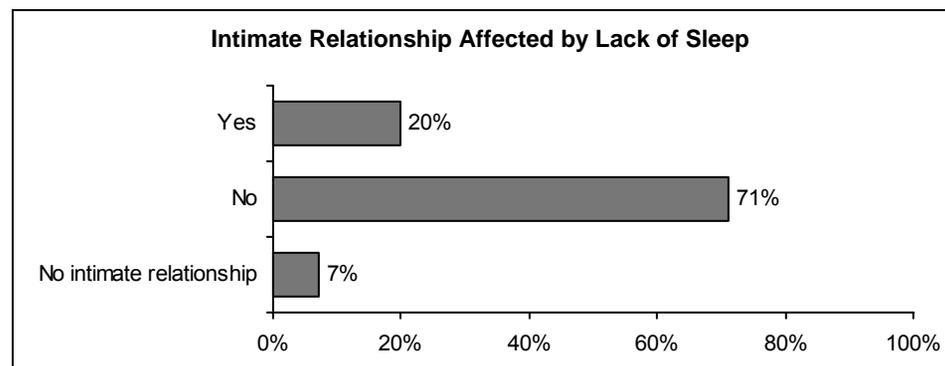
Ref = <1%

Q46

Sleep and Relationships

All respondents were asked if their intimate or sexual relationship has been affected because they were too sleepy.

- Two in ten respondents (20%) agree that they have sex less often or have lost interest in having sex because they were too sleepy.
- Those whose intimate relationship has been affected because they were too sleepy are significantly more likely than those whose relationship has not been affected to:
 - Say they had a good night's sleep only a few nights a month or less (48% vs. 26%);
 - Take 30 minutes or more to fall asleep (24% vs. 17%);
 - Use a "sleep aid" at least a few nights a week (32% vs. 23%);
 - Be at risk for insomnia (24% vs. 7%);
 - Have been told by a doctor they have insomnia (7% vs. 3%);
 - Report high levels of daytime sleepiness, with daytime sleepiness interfering with their daily activities at least a few days a week (27% vs. 10%);
 - Have driven drowsy at least once a month in the past year (42% vs. 30%); and
 - Take 1 or more naps per month (62% vs. 53%).



Base = Total sample (n=1,000)
DK/Ref = 2%
Q47

Characteristics of Respondents

Characteristics of Respondents		
		<u>Total</u>
<u>Marital Status</u>	n=	(997)
Married or partnered		70%
Divorced/Separated/Widowed		13
Single		13
Living with someone		3
<u>Race</u>^{1,2}	n=	(977)
White		86%
Black/African-American		8
Hispanic		4
Asian/Pacific Islander		1
Native American		1

Base = Those answering
¹Multiple Responses Accepted
²Top Mentions
 D1, D3

Characteristics of Respondents		
		<u>Total</u>
<u>Region</u>	n=	(1,000)
Northeast		19%
Midwest		24
South		36
West		20
<u>Age</u>¹	n=	(982)
18-29		8%
30-49		47
50-64		38
65 or older		6
<i>Mean (# of years)</i>		<i>47.29</i>
<i>Median (# of years)</i>		<i>48.00</i>
<u>Gender</u>	n=	(1,000)
Male		56%
Female		44

Base = Total sample
¹Base = Those answering
 S4, D2, D9

Characteristics of Respondents (continued)

Characteristics of Respondents		
		<u>Total</u>
<u>Education</u>	n=	(997)
High school or less		27%
Technical school/Some college		27
College graduate		29
Advanced degree		17
<u>Children Under 18 Living at Home</u>	n=	(998)
Yes		42%
Under 2 years		7
2 – less than 5 years		13
6 – less than 12 years		24
13 – 17 years		20
No		58

Base = Those answering
D4, D6

Characteristics of Respondents		
		<u>Total</u>
<u>Dual/Single Income Household</u>	n=	(989)
Dual		59%
Single		41
<u>Total Annual Household Income</u>	n=	(912)
\$50,000 or less		34%
\$50,001 to \$100,000		43
More than \$100,000		23
<i>Mean</i>		\$65,490
<i>Median</i>		\$65,500
<u>Occupation¹</u>	n=	(981)
White collar		56%
Gray collar		22
Blue collar		22
Government		13
Public service/safety/health		9

Base = Those answering
¹Multiple Responses Accepted
Q13, D7, D8