

1. How many hours of sleep do you usually get at night?

4 hours or less	7%
5 hours	12%
6 hours	25%
7 hours	29%
8 hours	19%
9 hours	3%
10 hours or more	2%
Not sure	3%

2. How many hours of sleep do you usually need to feel well-rested?

4 hours or less	2%
5 hours	4%
6 hours	15%
7 hours	24%
8 hours	37%
9 hours	8%
10 hours or more	5%
Not sure	5%

3. Compared with a typical weeknight, how much do you sleep on a typical weekend night?

A lot more	6%
A little more	24%
About the same	63%
A little less	4%
A lot less	1%
Not sure	2%

4. How would you describe the quality of sleep you typically get?

Excellent	10%
Good	36%
Fair	38%
Poor	11%
Terrible	4%
Not sure	1%

5. Do you feel like you get enough sleep:

All the time	4%
Most of the time	34%
Some of the time	33%
Not very much of the time	19%
Never	8%
Not sure	1%

6. Which of the following, if any, keep you from getting a good night's sleep? Select all that apply.

Stress, worry, or racing thoughts	48%
Needing to use the bathroom	37%
Pain or physical discomfort	30%
Being too hot or too cold	29%
Staying up looking at a screen	24%
Work or a busy schedule	20%
A health condition or sleep disorder	16%
Noise	13%
A pet	10%
Bad dreams	9%
A partner moving, snoring, or getting up	8%
A child needing something	7%
Childcare or family responsibilities	7%
Other reason	4%
None of these - I always sleep well	7%
Not sure	3%

7. After a night when you don't get enough sleep, how often, if ever, do you sleep extra the next day to make up for it?

Always	4%
Often	14%
Sometimes	40%
Rarely	29%
Never	7%
I always get enough sleep	3%
Not sure	3%

8. Are you more of an early bird or a night owl?

Total early bird	21%
Somewhat of an early bird	21%
Somewhat of a night owl	23%
Total night owl	23%
Neither	9%
Not sure	2%

9. On a typical weeknight, what time do you usually fall asleep?

Before 9 p.m.	9%
9 p.m. to 9:59 p.m.	12%
10 p.m. to 10:59 p.m.	22%
11 p.m. to 11:59 p.m.	16%
Midnight to 12:59 a.m.	13%
1 a.m. to 1:59 a.m.	8%
2 a.m. or later	16%
Not sure	4%

10. On a typical weekday, what time do you usually wake up?

Before 5 a.m.	13%
5 a.m. to 5:59 a.m.	18%
6 a.m. to 6:59 a.m.	22%
7 a.m. to 7:59 a.m.	16%
8 a.m. to 8:59 a.m.	8%
9 a.m. to 9:59 a.m.	7%
10 a.m. or later	14%
Not sure	4%

11. In the hour before you go to sleep, which of the following, if any, do you usually do? Select all that apply.

Watch TV or a video	60%
Use your phone	52%
Look at social media	40%
Read a book	26%
Listen to music, a podcast, or an audiobook	23%
Work	8%
None of these	4%
Not sure	2%

12. And in the hour before you go to sleep, which of the following, if any, do you usually do? Select all that apply.

Brush your teeth	58%
Talk with a partner or family member	33%
Take a bath or shower	28%
Pray	27%
Eat a snack	23%
Do a skincare routine	17%
Do chores	11%
Meditate	10%
None of these	15%
Not sure	2%

13. How long does it typically take you to fall asleep?

0 minutes	2%
1-10 minutes	22%
11-20 minutes	25%
21-30 minutes	19%
31-40 minutes	8%
40-50 minutes	3%
50-60 minutes	4%
More than an hour	7%
Not sure	10%

14. How many times do you typically wake up and go back to sleep during the night?

0 times	6%
1 time	28%
2 times	32%
3-4 times	21%
5 or more times	5%
Not sure	9%

15. How often do you do each of the following?

	Every night	Most nights	Some nights	Rarely	Never	Not sure
Sleep less than you need to	11%	21%	40%	20%	6%	3%
Have trouble falling asleep	9%	14%	40%	28%	7%	2%
Wake up in the middle of the night and have trouble getting back to sleep	5%	13%	40%	33%	7%	1%
Wake up earlier than you want to and can't get back to sleep	5%	16%	43%	28%	7%	2%
Sleep more than you need to	3%	5%	24%	45%	19%	3%
Experience sleep paralysis	0%	2%	9%	23%	53%	14%

16. As far as you know, which, if any, do you do while you are asleep? Select all that apply.

Snore	36%
Grind your teeth	19%
Talk in your sleep	15%
Sleepwalk	2%
None of these	35%
Not sure	13%

17. When you go to sleep for the night, how often do you set an alarm?

Always	25%
Often	16%
Sometimes	17%
Rarely	22%
Never	20%

18. When you set an alarm, how many times do you typically hit snooze before getting up?

Among people who ever set an alarm

I don't hit snooze - I get up at the first alarm	43%
Once	27%
Twice	13%
Three times	6%
Four or more times	4%
Not sure	7%

19. How often, if ever, do you take a nap during the day?

Every day	7%
A few days a week	21%
A few days a month	16%
Rarely	39%
Never	16%
Not sure	3%

20. When you go to sleep, where do you typically leave your cellphone?

On my bed next to me	26%
Directly next to my bed (such as on a nightstand)	52%
Somewhere else in my bedroom	10%
In another room	10%
Not sure	1%
I don't have a cellphone	1%

21. Which of the following, if any, do you regularly use to help you fall asleep or stay asleep? Select all that apply.

A fan	34%
Blackout curtains	15%
Magnesium or another supplement	10%
Melatonin	10%
Cannabis, marijuana, or CBD	9%
A white noise machine	8%
A prescription sleep medication	8%
An eye mask	7%
An over-the-counter sleep aid	6%
A meditation, breathing, or sleep app	5%
A CPAP or similar machine	5%
Earplugs	5%
Alcohol	5%
None of these	31%
Not sure	2%

22. Do you have any of the following? Select all that apply.

Sleep apnea	13%
Insomnia	12%
Restless legs syndrome	10%
A circadian rhythm disorder, such as delayed sleep phase	3%
Narcolepsy	1%
None of these	61%
Not sure	9%

23. Have you ever talked to a doctor or other health care provider about a problem with your sleep?

Yes	28%
No, but I have considered it	13%
No, and I have not considered it	56%
Not sure	2%

24. Have you ever worn a wearable device to track your sleep?

Yes, I do now	11%
Yes, I used to	15%
No, but I'd be interested	22%
No, and I'm not interested	50%
Not sure	2%

25. What effect, if any, has tracking your sleep had on how well you sleep?

Among people who do now or used to wear a device to track their sleep

Positive	31%
Negative	8%
Very positive	15%
Somewhat positive	17%
Neither positive nor negative	57%
Somewhat negative	6%
Very negative	3%
Not sure	4%

26. How important is getting good sleep to you personally?

Very important	65%
Somewhat important	28%
Not very important	3%
Not important at all	1%
Not sure	2%

27. If you were given one extra hour every day, would you use it to sleep more or to have more free time while awake?

Sleep more	40%
More free time while awake	42%
Not sure	18%

28. If you could eliminate your own need for sleep, would you do it?

I would	28%
I would not	48%
Not sure	24%

29. What size bed do you typically sleep in at night?

California king	5%
King	20%
Queen	39%
Full	18%
Twin	10%
Other	5%
Not sure	3%

30. Do you prefer hard or soft mattresses?

Soft	54%
Hard	33%
Not sure	13%

31. When you are sleeping, do you more often feel...?

Too hot	44%
Too cold	9%
Neither	39%
Not sure	8%

32. When you are sleeping, what is the heaviest cover you prefer to have on top of you?

No cover	3%
Sheet	12%
Light blanket	35%
Heavy blanket	14%
Comforter or duvet	34%
Not sure	3%

33. How many pillows do you use while sleeping?

None	2%
1 pillow	43%
2 pillows	39%
3 pillows	8%
4 or more pillows	7%
Not sure	1%

34. Do you most often fall asleep on your...?

Side	67%
Back	18%
Stomach	11%
Not sure	3%

35. Do you most often wake up on your...?

Side	58%
Back	25%
Stomach	9%
Not sure	8%

36. How many additional people typically sleep in the same bed as you, including other adults or children but not including yourself?

No other people	53%
1 other person	42%
2 other people	3%
3 other people	0%
4 or more other people	0%
Not sure	1%

37. Who typically sleeps in the same bed as you? Select all that apply.

Among people who share a bed with at least one other person

A spouse or romantic partner	89%
Your child or children	7%
A grandchild	4%
A friend or roommate	2%
Another adult relative	1%
Someone else	2%
Not sure	1%

38. How many pets typically sleep in the same bed as you?

No pets	73%
1 pet	19%
2 pets	5%
3 pets	1%
4 or more pets	2%
Not sure	1%

39. What comes closest to your view about infants sleeping in bed with their parents?

It should be encouraged	13%
It should be discouraged	36%
It should be neither encouraged nor discouraged	31%
Not sure	20%

40. In general, do you think sleeping in separate beds is good or bad for a couple's relationship?

Very good for it	8%
Somewhat good for it	9%
Neither good nor bad for it	32%
Somewhat bad for it	20%
Very bad for it	16%
Not sure	16%

41. Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

	Every night	Most nights	Some nights	Rarely	Never	Not sure
You cuddle before falling asleep	20%	18%	29%	21%	11%	1%
You go to bed at the same time	13%	27%	29%	21%	10%	0%
You wake up at the same time	6%	20%	28%	36%	10%	0%
One of you takes more than your share of the blankets	5%	15%	36%	26%	16%	2%
One of you is woken by the other's snoring	2%	8%	30%	30%	27%	4%

42. Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Yes, multiple times	Yes, once	No	Not sure	Prefer not to say
Falling or floating	47%	15%	27%	9%	1%
Current or past jobs	44%	11%	39%	5%	1%
A house you've lived in	42%	14%	32%	11%	1%
Being chased by someone or something	42%	14%	35%	8%	1%
Memories from childhood	41%	12%	32%	12%	1%
A sexual experience	41%	16%	31%	9%	3%
Deceased family members	41%	16%	35%	7%	2%
Driving a car	36%	12%	35%	16%	1%
Being attacked by someone or something	33%	16%	40%	10%	1%
Former relationships	29%	14%	46%	8%	2%
Being late to something	29%	16%	43%	11%	1%
Dying	24%	8%	54%	13%	1%
Unexpectedly being naked or in your underwear	22%	9%	59%	9%	1%
Taking a test	21%	10%	53%	15%	1%
A natural disaster or fire	19%	11%	49%	19%	2%
Your teeth falling out or breaking	18%	7%	65%	9%	0%
Giving a speech or presentation	11%	11%	64%	12%	1%
Speaking a foreign language	7%	4%	80%	8%	1%

43. When you're sleeping, have you ever had a dream that's recurred at various points throughout your life?

Yes	57%
No	26%
Not sure	17%

44. In the past year, has poor sleep affected any of the following in your life? Select all that apply.

Your mood	46%
Your memory or concentration	31%
Your mental health	29%
Your physical health	27%
Your performance at work or school	18%
Your weight	17%
Your social life	11%
Your relationships	10%
Your driving	7%
None of these	31%
Not sure	9%

Interviewing Dates	August 27 - 30, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 19.373, with a mean of one and a standard deviation of 1.31.
Number of respondents	1,126
Margin of error	± 4.8 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.

YouGov Survey: Sleep

August 27 - 30, 2026 - 1,126 U.S. adult citizens



1. Hours of Sleep Usually Gotten at Night

How many hours of sleep do you usually get at night?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
4 hours or less	7%	7%	7%	3%	10%	8%	8%	6%	14%	9%	7%	7%
5 hours	12%	12%	11%	12%	11%	13%	9%	11%	17%	10%	15%	6%
6 hours	25%	24%	27%	15%	28%	31%	26%	26%	24%	20%	25%	27%
7 hours	29%	27%	31%	36%	25%	24%	34%	29%	24%	27%	27%	33%
8 hours	19%	20%	18%	27%	19%	17%	15%	20%	12%	27%	18%	21%
9 hours	3%	4%	2%	3%	2%	2%	6%	3%	2%	4%	3%	3%
10 hours or more	2%	2%	2%	1%	4%	1%	2%	2%	4%	0%	2%	2%
Not sure	3%	4%	2%	2%	2%	5%	1%	2%	4%	4%	3%	2%
Totals	100%	100%	100%	99%	101%	101%	101%	99%	101%	101%	100%	101%
Unweighted N	(1,125)	(537)	(588)	(286)	(301)	(323)	(215)	(711)	(151)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
4 hours or less	7%	5%	6%	6%	8%	6%	11%	3%	5%	13%	4%	2%
5 hours	12%	9%	17%	17%	8%	10%	10%	15%	18%	14%	10%	8%
6 hours	25%	27%	27%	23%	27%	23%	27%	26%	25%	24%	27%	32%
7 hours	29%	33%	25%	28%	30%	29%	28%	30%	21%	29%	28%	29%
8 hours	19%	18%	19%	20%	18%	22%	16%	20%	24%	15%	24%	23%
9 hours	3%	4%	3%	3%	3%	3%	3%	3%	2%	2%	4%	4%
10 hours or more	2%	2%	1%	1%	2%	2%	2%	1%	2%	2%	1%	1%
Not sure	3%	1%	2%	2%	3%	3%	4%	1%	1%	2%	1%	1%
Totals	100%	99%	100%	100%	99%	98%	101%	99%	98%	101%	99%	100%
Unweighted N	(1,125)	(470)	(353)	(388)	(670)	(371)	(424)	(330)	(247)	(417)	(326)	(262)

YouGov Survey: Sleep

August 27 - 30, 2026 - 1,126 U.S. adult citizens



2. Hours of Sleep Needed To Feel Well-Rested

How many hours of sleep do you usually need to feel well-rested?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
4 hours or less	2%	2%	2%	2%	4%	2%	2%	2%	3%	3%	3%	1%
5 hours	4%	5%	2%	5%	3%	3%	4%	4%	4%	4%	4%	3%
6 hours	15%	18%	12%	9%	15%	16%	18%	13%	13%	17%	16%	13%
7 hours	24%	23%	25%	12%	19%	29%	34%	25%	26%	22%	25%	24%
8 hours	37%	35%	39%	41%	41%	38%	27%	38%	33%	35%	32%	47%
9 hours	8%	7%	9%	10%	10%	4%	9%	8%	7%	7%	7%	8%
10 hours or more	5%	4%	6%	8%	5%	5%	3%	5%	7%	7%	6%	2%
Not sure	5%	6%	5%	13%	3%	2%	4%	5%	6%	6%	6%	2%
Totals	100%	100%	100%	100%	100%	99%	101%	100%	99%	101%	99%	100%
Unweighted N	(1,125)	(537)	(588)	(286)	(301)	(323)	(215)	(711)	(151)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
4 hours or less	2%	1%	4%	4%	1%	0%	2%	4%	5%	2%	3%	1%
5 hours	4%	3%	6%	6%	3%	3%	3%	5%	6%	3%	2%	4%
6 hours	15%	13%	15%	14%	17%	17%	14%	14%	14%	16%	12%	18%
7 hours	24%	21%	27%	25%	24%	18%	25%	29%	25%	22%	28%	25%
8 hours	37%	43%	33%	35%	38%	45%	34%	34%	37%	39%	36%	40%
9 hours	8%	10%	9%	8%	7%	10%	5%	9%	9%	5%	11%	8%
10 hours or more	5%	5%	5%	5%	5%	5%	7%	3%	2%	7%	5%	1%
Not sure	5%	4%	2%	3%	5%	2%	9%	2%	2%	5%	3%	3%
Totals	100%	100%	101%	100%	100%	100%	99%	100%	100%	99%	100%	100%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(246)	(417)	(326)	(262)

3. Weekend Sleep Compared to Weeknights

Compared with a typical weeknight, how much do you sleep on a typical weekend night?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
A lot more	6%	6%	6%	10%	7%	6%	1%	4%	11%	11%	5%	7%
A little more	24%	24%	24%	25%	37%	23%	9%	24%	15%	16%	20%	30%
About the same	63%	63%	63%	57%	45%	64%	87%	67%	57%	66%	66%	58%
A little less	4%	3%	4%	3%	6%	3%	2%	2%	10%	3%	4%	3%
A lot less	1%	1%	2%	1%	2%	1%	0%	1%	4%	1%	2%	0%
Not sure	2%	3%	2%	4%	3%	2%	1%	2%	4%	3%	3%	1%
Totals	100%	100%	101%	100%	100%	99%	100%	100%	101%	100%	100%	99%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
A lot more	6%	7%	7%	8%	5%	9%	3%	7%	8%	6%	6%	8%
A little more	24%	20%	25%	28%	23%	19%	29%	21%	23%	21%	24%	34%
About the same	63%	66%	62%	58%	65%	64%	60%	67%	65%	66%	64%	53%
A little less	4%	5%	3%	3%	4%	4%	4%	2%	2%	3%	5%	2%
A lot less	1%	1%	1%	2%	1%	1%	1%	1%	0%	2%	0%	1%
Not sure	2%	1%	2%	2%	2%	2%	3%	2%	3%	2%	1%	2%
Totals	100%	100%	100%	101%	100%	99%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

4. Quality of Sleep Typically Gotten

How would you describe the quality of sleep you typically get?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Excellent	10%	9%	11%	19%	14%	4%	6%	6%	17%	16%	7%	15%
Good	36%	39%	33%	38%	31%	37%	39%	40%	29%	36%	34%	40%
Fair	38%	38%	39%	35%	37%	41%	39%	39%	34%	34%	41%	33%
Poor	11%	10%	11%	6%	14%	12%	9%	11%	12%	8%	11%	10%
Terrible	4%	2%	6%	1%	3%	6%	5%	4%	7%	4%	5%	3%
Not sure	1%	2%	0%	2%	1%	0%	2%	1%	1%	2%	2%	0%
Totals	100%	100%	100%	101%	100%	100%	100%	101%	100%	100%	100%	101%
Unweighted N	(1,125)	(538)	(587)	(286)	(301)	(322)	(216)	(712)	(151)	(197)	(736)	(389)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Excellent	10%	8%	10%	16%	7%	9%	9%	11%	16%	11%	10%	10%
Good	36%	35%	40%	42%	35%	35%	31%	44%	42%	27%	42%	48%
Fair	38%	42%	39%	31%	40%	37%	40%	37%	31%	41%	35%	34%
Poor	11%	11%	6%	7%	14%	14%	13%	5%	6%	14%	11%	6%
Terrible	4%	4%	5%	3%	4%	5%	5%	2%	3%	6%	2%	2%
Not sure	1%	0%	1%	1%	1%	0%	2%	1%	1%	2%	0%	1%
Totals	100%	100%	101%	100%	101%	100%	100%	100%	99%	101%	100%	101%
Unweighted N	(1,125)	(470)	(353)	(388)	(670)	(372)	(423)	(330)	(247)	(418)	(326)	(262)

5. Frequency of Getting Enough Sleep

Do you feel like you get enough sleep:

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All the time	4%	5%	4%	6%	5%	3%	4%	3%	11%	5%	5%	4%
Most of the time	34%	38%	30%	30%	34%	30%	43%	35%	29%	31%	31%	40%
Some of the time	33%	31%	35%	41%	29%	34%	29%	31%	30%	42%	34%	32%
Not very much of the time	19%	20%	19%	17%	21%	22%	15%	21%	16%	14%	19%	20%
Never	8%	5%	12%	3%	10%	11%	9%	9%	12%	7%	10%	5%
Not sure	1%	1%	0%	3%	1%	0%	0%	1%	1%	2%	1%	0%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	99%	101%	100%	101%
Unweighted N	(1,125)	(538)	(587)	(286)	(301)	(322)	(216)	(711)	(151)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
All the time	4%	5%	4%	5%	4%	6%	4%	4%	5%	5%	3%	5%
Most of the time	34%	33%	36%	35%	35%	34%	29%	41%	41%	27%	40%	42%
Some of the time	33%	31%	39%	40%	28%	25%	35%	38%	38%	37%	31%	29%
Not very much of the time	19%	21%	12%	14%	23%	26%	20%	13%	12%	20%	18%	19%
Never	8%	9%	8%	5%	10%	9%	12%	4%	3%	11%	8%	5%
Not sure	1%	0%	1%	1%	0%	0%	1%	1%	2%	1%	0%	1%
Totals	99%	99%	100%	100%	100%	100%	101%	101%	101%	101%	100%	101%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(246)	(417)	(326)	(262)

6. Reasons for Not Sleeping Well

Which of the following, if any, keep you from getting a good night's sleep? Select all that apply.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Stress, worry, or racing thoughts	48%	50%	47%	47%	57%	51%	36%	45%	44%	53%	48%	49%
Needing to use the bathroom	37%	40%	35%	19%	33%	42%	53%	40%	31%	23%	36%	41%
Pain or physical discomfort	30%	30%	29%	16%	34%	36%	28%	30%	20%	29%	31%	27%
Being too hot or too cold	29%	27%	30%	29%	41%	25%	21%	29%	23%	27%	30%	27%
Staying up looking at a screen	24%	25%	22%	38%	31%	15%	15%	22%	30%	32%	23%	25%
Work or a busy schedule	20%	23%	17%	29%	29%	17%	3%	20%	22%	23%	15%	28%
A health condition or sleep disorder	16%	18%	14%	9%	16%	18%	19%	18%	10%	17%	17%	14%
Noise	13%	14%	12%	17%	18%	9%	9%	12%	8%	13%	15%	9%
A pet	10%	8%	12%	13%	12%	10%	6%	10%	1%	12%	11%	8%
Bad dreams	9%	11%	7%	10%	17%	7%	4%	10%	5%	13%	8%	11%
A partner moving, snoring, or getting up	8%	6%	10%	4%	10%	9%	9%	9%	6%	8%	7%	11%
A child needing something	7%	5%	9%	11%	16%	3%	0%	6%	11%	8%	6%	9%
Childcare or family responsibilities	7%	6%	8%	7%	16%	4%	1%	7%	5%	9%	5%	11%
Other reason	4%	2%	5%	4%	3%	3%	7%	4%	0%	3%	4%	4%
None of these - I always sleep well	7%	8%	7%	11%	6%	7%	6%	6%	19%	6%	8%	5%
Not sure	3%	3%	3%	3%	2%	4%	5%	3%	3%	5%	4%	2%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

YouGov Survey: Sleep
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		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Stress, worry, or racing thoughts	48%	47%	42%	42%	53%	48%	57%	36%	37%	51%	46%	48%
Needing to use the bathroom	37%	37%	39%	35%	38%	37%	38%	37%	39%	40%	37%	39%
Pain or physical discomfort	30%	26%	32%	29%	32%	28%	33%	26%	31%	34%	25%	28%
Being too hot or too cold	29%	25%	24%	24%	32%	28%	31%	26%	26%	28%	33%	22%
Staying up looking at a screen	24%	29%	18%	16%	28%	29%	22%	22%	19%	24%	25%	20%
Work or a busy schedule	20%	20%	16%	19%	20%	22%	21%	16%	18%	13%	19%	31%
A health condition or sleep disorder	16%	14%	17%	14%	17%	16%	19%	12%	13%	21%	14%	10%
Noise	13%	14%	13%	13%	14%	12%	13%	14%	12%	18%	11%	9%
A pet	10%	13%	9%	9%	12%	8%	10%	13%	11%	13%	9%	10%
Bad dreams	9%	8%	7%	7%	11%	9%	12%	6%	8%	10%	9%	8%
A partner moving, snoring, or getting up	8%	10%	9%	8%	8%	9%	6%	10%	12%	6%	9%	13%
A child needing something	7%	6%	8%	6%	7%	7%	7%	7%	7%	5%	8%	9%
Childcare or family responsibilities	7%	10%	8%	6%	7%	10%	4%	7%	6%	5%	7%	12%
Other reason	4%	5%	3%	3%	5%	6%	3%	4%	4%	3%	5%	4%
None of these - I always sleep well	7%	6%	5%	6%	7%	8%	8%	5%	7%	8%	7%	4%
Not sure	3%	2%	2%	2%	4%	3%	4%	3%	4%	3%	2%	2%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

7. Frequency of Sleeping Extra After a Night of Too Little Sleep

After a night when you don't get enough sleep, how often, if ever, do you sleep extra the next day to make up for it?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Always	4%	3%	5%	4%	3%	6%	4%	4%	6%	4%	5%	3%
Often	14%	14%	14%	15%	14%	13%	13%	15%	11%	12%	13%	14%
Sometimes	40%	45%	35%	36%	42%	42%	38%	35%	47%	53%	41%	38%
Rarely	29%	24%	33%	30%	24%	30%	31%	31%	23%	20%	26%	34%
Never	7%	6%	9%	4%	8%	6%	12%	8%	5%	8%	8%	5%
I always get enough sleep	3%	4%	3%	7%	2%	2%	3%	3%	9%	1%	4%	2%
Not sure	3%	4%	2%	4%	7%	1%	0%	4%	1%	3%	2%	3%
Totals	100%	100%	101%	100%	100%	100%	101%	100%	102%	101%	99%	99%
Unweighted N	(1,125)	(538)	(587)	(286)	(301)	(323)	(215)	(712)	(151)	(198)	(736)	(389)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Always	4%	6%	4%	5%	4%	4%	4%	4%	4%	5%	3%	3%
Often	14%	18%	13%	11%	16%	16%	12%	14%	13%	14%	14%	16%
Sometimes	40%	38%	42%	38%	40%	39%	38%	44%	44%	39%	39%	45%
Rarely	29%	26%	30%	36%	25%	28%	32%	26%	27%	28%	33%	25%
Never	7%	10%	7%	5%	9%	10%	6%	6%	6%	6%	10%	8%
I always get enough sleep	3%	2%	3%	5%	3%	3%	3%	4%	5%	4%	2%	2%
Not sure	3%	1%	1%	1%	3%	1%	5%	1%	1%	3%	0%	1%
Totals	100%	101%	100%	101%	100%	101%	100%	99%	100%	99%	101%	100%
Unweighted N	(1,125)	(471)	(353)	(388)	(670)	(372)	(423)	(330)	(247)	(418)	(326)	(261)

8. Early Bird or Night Owl

Are you more of an early bird or a night owl?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Total early bird	21%	20%	23%	14%	18%	23%	30%	21%	30%	16%	22%	20%
Somewhat of an early bird	21%	19%	23%	31%	23%	13%	21%	20%	17%	20%	18%	27%
Somewhat of a night owl	23%	28%	19%	20%	28%	25%	19%	23%	21%	21%	24%	23%
Total night owl	23%	22%	24%	19%	19%	31%	20%	24%	16%	31%	24%	21%
Neither	9%	8%	10%	9%	11%	8%	9%	9%	14%	7%	10%	8%
Not sure	2%	3%	1%	7%	1%	1%	1%	2%	3%	5%	3%	1%
Totals	99%	100%	100%	100%	100%	101%	100%	99%	101%	100%	101%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Total early bird	21%	23%	25%	25%	19%	19%	18%	29%	24%	21%	25%	21%
Somewhat of an early bird	21%	20%	20%	22%	21%	25%	19%	20%	20%	17%	21%	27%
Somewhat of a night owl	23%	21%	27%	24%	23%	22%	22%	26%	24%	24%	23%	19%
Total night owl	23%	25%	18%	18%	26%	23%	26%	19%	22%	26%	22%	22%
Neither	9%	10%	6%	8%	9%	9%	13%	5%	7%	9%	8%	8%
Not sure	2%	1%	2%	2%	2%	2%	2%	2%	3%	2%	1%	2%
Totals	99%	100%	98%	99%	100%	100%	100%	101%	100%	99%	100%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

9. Usual Weeknight Bedtime

On a typical weeknight, what time do you usually fall asleep?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Before 9 p.m.	9%	10%	8%	5%	9%	13%	9%	9%	10%	8%	10%	9%
9 p.m. to 9:59 p.m.	12%	12%	12%	11%	11%	13%	12%	11%	20%	9%	12%	13%
10 p.m. to 10:59 p.m.	22%	15%	28%	30%	19%	16%	26%	23%	14%	19%	20%	26%
11 p.m. to 11:59 p.m.	16%	18%	15%	13%	16%	17%	18%	16%	14%	23%	14%	20%
Midnight to 12:59 a.m.	13%	14%	12%	18%	11%	11%	12%	14%	10%	12%	13%	13%
1 a.m. to 1:59 a.m.	8%	8%	8%	6%	7%	9%	9%	8%	7%	9%	9%	5%
2 a.m. or later	16%	18%	15%	14%	19%	19%	13%	14%	22%	16%	19%	11%
Not sure	4%	6%	2%	4%	9%	1%	2%	4%	3%	4%	4%	4%
Totals	100%	101%	100%	101%	101%	99%	101%	99%	100%	100%	101%	101%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Before 9 p.m.	9%	7%	10%	11%	8%	8%	8%	12%	9%	9%	14%	8%
9 p.m. to 9:59 p.m.	12%	14%	15%	13%	11%	13%	9%	15%	14%	8%	17%	13%
10 p.m. to 10:59 p.m.	22%	25%	22%	26%	21%	23%	20%	24%	20%	23%	20%	25%
11 p.m. to 11:59 p.m.	16%	16%	21%	17%	16%	14%	16%	18%	20%	11%	14%	29%
Midnight to 12:59 a.m.	13%	15%	15%	14%	13%	18%	10%	12%	15%	13%	13%	11%
1 a.m. to 1:59 a.m.	8%	8%	7%	7%	9%	8%	8%	7%	9%	7%	10%	7%
2 a.m. or later	16%	14%	9%	11%	17%	16%	21%	11%	11%	25%	12%	5%
Not sure	4%	1%	1%	1%	4%	1%	7%	1%	2%	4%	1%	1%
Totals	100%	100%	100%	100%	99%	101%	99%	100%	100%	100%	101%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

10. Usual Weekday Wake Time

On a typical weekday, what time do you usually wake up?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Before 5 a.m.	13%	13%	13%	5%	10%	20%	12%	12%	15%	10%	12%	14%
5 a.m. to 5:59 a.m.	18%	20%	17%	21%	16%	19%	18%	18%	24%	15%	19%	17%
6 a.m. to 6:59 a.m.	22%	18%	25%	30%	22%	15%	23%	21%	23%	20%	18%	29%
7 a.m. to 7:59 a.m.	16%	16%	16%	14%	16%	16%	16%	17%	8%	20%	14%	19%
8 a.m. to 8:59 a.m.	8%	7%	8%	10%	4%	5%	13%	8%	7%	8%	8%	7%
9 a.m. to 9:59 a.m.	7%	4%	8%	3%	7%	8%	6%	6%	7%	10%	8%	4%
10 a.m. or later	14%	16%	11%	12%	18%	15%	8%	13%	11%	12%	17%	7%
Not sure	4%	7%	1%	4%	8%	2%	3%	4%	4%	5%	4%	4%
Totals	102%	101%	99%	99%	101%	100%	99%	99%	99%	100%	100%	101%
Unweighted N	(1,123)	(536)	(587)	(286)	(299)	(323)	(215)	(710)	(151)	(198)	(735)	(388)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Before 5 a.m.	13%	12%	13%	14%	13%	13%	10%	16%	12%	11%	17%	14%
5 a.m. to 5:59 a.m.	18%	22%	22%	19%	19%	17%	18%	20%	19%	17%	18%	20%
6 a.m. to 6:59 a.m.	22%	23%	25%	31%	17%	25%	17%	25%	28%	21%	24%	25%
7 a.m. to 7:59 a.m.	16%	16%	15%	13%	16%	15%	17%	14%	14%	11%	15%	23%
8 a.m. to 8:59 a.m.	8%	9%	9%	7%	9%	9%	5%	10%	9%	6%	8%	10%
9 a.m. to 9:59 a.m.	7%	5%	4%	6%	6%	6%	8%	5%	6%	7%	7%	4%
10 a.m. or later	14%	11%	9%	8%	16%	12%	18%	9%	10%	22%	11%	3%
Not sure	4%	1%	2%	2%	5%	3%	7%	1%	2%	5%	1%	1%
Totals	102%	99%	99%	100%	101%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,123)	(470)	(351)	(388)	(669)	(371)	(424)	(328)	(247)	(418)	(323)	(262)

11. Media Activities in the Hour Before Sleep

In the hour before you go to sleep, which of the following, if any, do you usually do? Select all that apply.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Watch TV or a video	60%	61%	59%	47%	60%	66%	63%	57%	75%	65%	61%	58%
Use your phone	52%	51%	54%	82%	60%	46%	25%	46%	59%	63%	52%	52%
Look at social media	40%	38%	42%	54%	53%	32%	24%	38%	49%	46%	42%	36%
Read a book	26%	22%	29%	30%	28%	23%	22%	24%	17%	38%	19%	39%
Listen to music, a podcast, or an audiobook	23%	26%	19%	33%	31%	18%	10%	19%	30%	38%	21%	25%
Work	8%	10%	5%	18%	9%	4%	1%	6%	14%	12%	7%	9%
None of these	4%	5%	3%	4%	1%	3%	9%	5%	2%	0%	5%	2%
Not sure	2%	4%	0%	2%	6%	0%	0%	2%	0%	3%	1%	4%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Watch TV or a video	60%	62%	69%	60%	62%	58%	58%	64%	67%	56%	65%	67%
Use your phone	52%	55%	40%	45%	54%	55%	55%	45%	44%	55%	46%	52%
Look at social media	40%	47%	38%	36%	44%	47%	37%	38%	40%	39%	42%	42%
Read a book	26%	31%	24%	29%	25%	30%	21%	27%	28%	20%	30%	33%
Listen to music, a podcast, or an audiobook	23%	28%	23%	24%	23%	24%	22%	23%	27%	24%	19%	27%
Work	8%	9%	8%	10%	6%	9%	5%	10%	10%	4%	8%	11%
None of these	4%	3%	2%	4%	4%	5%	6%	2%	2%	5%	2%	4%
Not sure	2%	0%	1%	1%	2%	1%	3%	1%	2%	3%	0%	0%

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	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

12. Wind-Down Activities in the Hour Before Sleep

And in the hour before you go to sleep, which of the following, if any, do you usually do? Select all that apply.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Brush your teeth	58%	55%	61%	71%	58%	53%	54%	61%	56%	62%	53%	67%
Talk with a partner or family member	33%	30%	36%	42%	42%	27%	25%	34%	40%	35%	33%	34%
Take a bath or shower	28%	25%	32%	40%	30%	28%	17%	22%	52%	46%	29%	27%
Pray	27%	25%	28%	30%	23%	26%	29%	24%	41%	36%	27%	26%
Eat a snack	23%	23%	23%	24%	24%	25%	19%	21%	30%	35%	27%	16%
Do a skincare routine	17%	9%	25%	23%	22%	14%	11%	17%	23%	20%	14%	23%
Do chores	11%	8%	14%	15%	13%	11%	6%	9%	24%	12%	12%	10%
Meditate	10%	10%	9%	16%	10%	8%	5%	8%	16%	15%	8%	12%
None of these	15%	17%	13%	12%	17%	13%	18%	14%	6%	4%	15%	14%
Not sure	2%	3%	1%	5%	1%	1%	0%	2%	1%	3%	2%	1%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Brush your teeth	58%	68%	61%	57%	60%	61%	53%	62%	63%	43%	68%	74%
Talk with a partner or family member	33%	40%	36%	33%	35%	34%	29%	39%	39%	24%	39%	46%
Take a bath or shower	28%	30%	25%	28%	27%	32%	26%	28%	32%	28%	27%	29%
Pray	27%	19%	40%	40%	19%	22%	22%	39%	42%	22%	30%	29%
Eat a snack	23%	25%	23%	21%	26%	28%	23%	19%	25%	26%	23%	20%
Do a skincare routine	17%	24%	16%	16%	18%	25%	13%	15%	18%	12%	21%	23%
Do chores	11%	11%	10%	10%	11%	11%	10%	12%	11%	10%	12%	13%
Meditate	10%	10%	9%	11%	7%	11%	9%	9%	11%	8%	11%	9%

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		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
None of these	15%	11%	9%	14%	15%	11%	22%	8%	7%	24%	8%	8%
Not sure	2%	1%	2%	2%	1%	1%	2%	2%	3%	2%	1%	0%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

13. Time Typically Taken To Fall Asleep

How long does it typically take you to fall asleep?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
0 minutes	2%	3%	1%	2%	1%	2%	3%	1%	5%	1%	2%	2%
1-10 minutes	22%	26%	19%	29%	22%	16%	25%	22%	19%	24%	18%	29%
11-20 minutes	25%	25%	26%	22%	26%	25%	29%	29%	21%	19%	25%	26%
21-30 minutes	19%	16%	21%	17%	17%	21%	19%	18%	17%	18%	19%	17%
31-40 minutes	8%	6%	9%	6%	8%	6%	11%	8%	9%	7%	9%	6%
40-50 minutes	3%	2%	4%	1%	4%	4%	3%	3%	2%	2%	4%	2%
50-60 minutes	4%	3%	5%	1%	5%	7%	1%	5%	2%	2%	3%	5%
More than an hour	7%	6%	8%	5%	7%	11%	3%	7%	8%	9%	7%	7%
Not sure	10%	12%	7%	16%	11%	8%	5%	7%	17%	17%	12%	5%
Totals	100%	99%	100%	99%	101%	100%	99%	100%	100%	99%	99%	99%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
0 minutes	2%	3%	0%	2%	2%	3%	2%	0%	0%	1%	1%	3%
1-10 minutes	22%	23%	19%	26%	22%	22%	24%	21%	21%	19%	24%	26%
11-20 minutes	25%	29%	31%	30%	25%	26%	20%	32%	32%	22%	27%	30%
21-30 minutes	19%	18%	19%	15%	21%	21%	16%	19%	21%	22%	20%	16%
31-40 minutes	8%	11%	8%	7%	9%	12%	4%	9%	9%	6%	13%	8%
40-50 minutes	3%	2%	5%	3%	3%	2%	4%	3%	3%	4%	3%	4%
50-60 minutes	4%	3%	3%	3%	3%	1%	6%	3%	2%	6%	2%	3%
More than an hour	7%	6%	6%	5%	8%	5%	11%	4%	3%	11%	4%	4%
Not sure	10%	6%	8%	9%	8%	8%	12%	8%	7%	9%	7%	5%
Totals	100%	101%	99%	100%	101%	100%	99%	99%	98%	100%	101%	99%

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	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

14. Times Woken Up in a Typical Night

How many times do you typically wake up and go back to sleep during the night?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
0 times	6%	8%	4%	13%	7%	3%	4%	6%	6%	11%	7%	4%
1 time	28%	29%	27%	29%	28%	27%	26%	28%	24%	28%	24%	35%
2 times	32%	29%	34%	35%	31%	32%	28%	29%	33%	38%	31%	32%
3-4 times	21%	18%	24%	10%	15%	24%	34%	23%	21%	13%	22%	19%
5 or more times	5%	4%	6%	2%	4%	8%	4%	5%	7%	1%	6%	3%
Not sure	9%	13%	5%	12%	14%	6%	3%	9%	9%	9%	10%	7%
Totals	101%	101%	100%	101%	99%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
0 times	6%	6%	4%	6%	7%	6%	8%	3%	5%	5%	8%	3%
1 time	28%	33%	26%	24%	32%	29%	26%	29%	30%	26%	23%	41%
2 times	32%	29%	32%	36%	29%	31%	30%	35%	35%	32%	35%	29%
3-4 times	21%	23%	24%	19%	20%	25%	19%	21%	19%	22%	22%	17%
5 or more times	5%	4%	7%	8%	3%	2%	6%	6%	6%	6%	5%	5%
Not sure	9%	5%	6%	7%	9%	7%	11%	6%	6%	10%	8%	4%
Totals	101%	100%	99%	100%	100%	100%	100%	100%	101%	101%	101%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

15A. Frequency of Sleep Problems — Sleep less than you need to

How often do you do each of the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	11%	10%	11%	8%	16%	12%	7%	12%	12%	8%	11%	11%
Most nights	21%	20%	21%	17%	22%	24%	17%	21%	23%	16%	20%	22%
Some nights	40%	34%	45%	49%	30%	38%	45%	38%	33%	52%	41%	38%
Rarely	20%	26%	15%	14%	23%	19%	26%	22%	17%	15%	18%	25%
Never	6%	5%	6%	6%	7%	4%	5%	5%	13%	6%	7%	3%
Not sure	3%	4%	1%	6%	2%	2%	0%	2%	4%	4%	3%	1%
Totals	101%	99%	99%	100%	100%	99%	100%	100%	102%	101%	100%	100%
Unweighted N	(1,122)	(537)	(585)	(286)	(301)	(323)	(212)	(708)	(151)	(198)	(732)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	11%	12%	10%	7%	14%	14%	12%	7%	8%	12%	11%	8%
Most nights	21%	25%	21%	19%	21%	25%	17%	21%	22%	19%	22%	26%
Some nights	40%	38%	40%	45%	38%	35%	41%	44%	40%	44%	37%	33%
Rarely	20%	18%	20%	20%	20%	18%	22%	19%	21%	17%	24%	26%
Never	6%	5%	5%	5%	4%	6%	5%	6%	5%	6%	4%	4%
Not sure	3%	2%	4%	3%	2%	2%	2%	3%	4%	2%	2%	3%
Totals	101%	100%	100%	99%	99%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(1,122)	(468)	(352)	(387)	(668)	(369)	(424)	(329)	(247)	(415)	(325)	(262)

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15B. Frequency of Sleep Problems — Have trouble falling asleep

How often do you do each of the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	9%	7%	10%	7%	10%	11%	5%	9%	6%	11%	9%	7%
Most nights	14%	10%	18%	13%	17%	17%	9%	13%	16%	14%	16%	11%
Some nights	40%	36%	44%	38%	35%	42%	44%	40%	33%	38%	38%	44%
Rarely	28%	35%	22%	28%	28%	25%	33%	28%	30%	30%	27%	31%
Never	7%	9%	6%	7%	10%	5%	8%	7%	13%	6%	8%	7%
Not sure	2%	3%	0%	7%	1%	0%	0%	2%	2%	2%	2%	1%
Totals	100%	100%	100%	100%	101%	100%	99%	99%	100%	101%	100%	101%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	9%	8%	9%	8%	9%	9%	10%	6%	8%	11%	7%	5%
Most nights	14%	15%	13%	12%	15%	18%	14%	11%	12%	15%	14%	13%
Some nights	40%	38%	39%	40%	41%	34%	41%	44%	41%	46%	36%	40%
Rarely	28%	30%	31%	31%	27%	30%	26%	30%	26%	19%	38%	32%
Never	7%	8%	6%	8%	7%	9%	6%	6%	9%	7%	5%	9%
Not sure	2%	1%	2%	3%	1%	0%	2%	3%	4%	2%	0%	2%
Totals	100%	100%	100%	102%	100%	100%	99%	100%	100%	100%	100%	101%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

15C. Frequency of Sleep Problems — Wake up in the middle of the night and have trouble getting back to sleep

How often do you do each of the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	5%	3%	7%	5%	6%	6%	3%	5%	8%	6%	7%	2%
Most nights	13%	15%	12%	10%	18%	13%	12%	12%	21%	12%	14%	13%
Some nights	40%	32%	47%	36%	31%	47%	44%	41%	35%	37%	39%	42%
Rarely	33%	39%	27%	31%	36%	32%	32%	34%	23%	37%	31%	37%
Never	7%	9%	6%	13%	8%	2%	8%	7%	13%	8%	9%	5%
Not sure	1%	2%	1%	4%	1%	0%	1%	2%	0%	1%	1%	1%
Totals	99%	100%	100%	99%	100%	100%	100%	101%	100%	101%	101%	100%
Unweighted N	(1,125)	(538)	(587)	(286)	(301)	(322)	(216)	(712)	(150)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	5%	5%	5%	4%	5%	8%	4%	4%	4%	5%	5%	4%
Most nights	13%	11%	12%	10%	13%	14%	14%	12%	14%	18%	10%	10%
Some nights	40%	41%	44%	43%	38%	42%	41%	37%	39%	41%	41%	38%
Rarely	33%	34%	31%	34%	34%	29%	31%	38%	34%	29%	37%	42%
Never	7%	8%	6%	6%	8%	7%	8%	7%	7%	7%	7%	6%
Not sure	1%	1%	2%	2%	1%	0%	2%	2%	3%	1%	1%	1%
Totals	99%	100%	100%	99%	99%	100%	100%	100%	101%	101%	101%	101%
Unweighted N	(1,125)	(471)	(353)	(388)	(670)	(371)	(424)	(330)	(247)	(417)	(326)	(262)

15D. Frequency of Sleep Problems — Wake up earlier than you want to and can't get back to sleep

How often do you do each of the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	5%	5%	4%	3%	9%	6%	1%	5%	7%	2%	5%	5%
Most nights	16%	15%	17%	12%	16%	18%	17%	16%	20%	15%	17%	13%
Some nights	43%	42%	44%	39%	40%	47%	45%	42%	37%	43%	40%	49%
Rarely	28%	29%	27%	29%	28%	23%	35%	29%	27%	31%	29%	27%
Never	7%	6%	7%	13%	7%	5%	2%	7%	8%	7%	7%	5%
Not sure	2%	3%	0%	4%	2%	1%	0%	2%	1%	2%	2%	1%
Totals	101%	100%	99%	100%	102%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,122)	(536)	(586)	(286)	(301)	(323)	(212)	(708)	(151)	(198)	(732)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	5%	4%	4%	4%	5%	4%	7%	3%	4%	8%	3%	2%
Most nights	16%	18%	12%	10%	20%	21%	15%	12%	12%	16%	15%	16%
Some nights	43%	43%	44%	44%	43%	42%	46%	41%	43%	43%	41%	46%
Rarely	28%	28%	32%	34%	24%	26%	25%	34%	32%	26%	31%	29%
Never	7%	7%	5%	6%	7%	6%	5%	8%	6%	6%	9%	5%
Not sure	2%	1%	3%	2%	1%	1%	2%	2%	3%	2%	1%	1%
Totals	101%	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	99%
Unweighted N	(1,122)	(470)	(350)	(385)	(670)	(372)	(422)	(328)	(245)	(416)	(325)	(262)

15E. Frequency of Sleep Problems — Sleep more than you need to

How often do you do each of the following?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	3%	3%	2%	3%	6%	2%	1%	2%	5%	2%	3%	2%
Most nights	5%	8%	3%	6%	12%	2%	3%	3%	11%	4%	6%	4%
Some nights	24%	21%	26%	44%	19%	18%	18%	23%	18%	31%	23%	25%
Rarely	45%	47%	44%	32%	46%	50%	51%	49%	37%	42%	43%	49%
Never	19%	16%	23%	9%	15%	24%	26%	19%	28%	17%	20%	18%
Not sure	3%	5%	1%	6%	2%	3%	1%	3%	1%	4%	3%	2%
Totals	99%	100%	99%	100%	100%	99%	100%	99%	100%	100%	98%	100%
Unweighted N	(1,121)	(536)	(585)	(286)	(301)	(322)	(212)	(707)	(151)	(198)	(731)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	3%	3%	1%	2%	3%	3%	3%	2%	1%	4%	1%	2%
Most nights	5%	5%	5%	4%	6%	4%	7%	4%	5%	8%	5%	4%
Some nights	24%	18%	23%	27%	21%	22%	26%	22%	27%	26%	23%	19%
Rarely	45%	48%	48%	46%	47%	46%	42%	51%	45%	41%	48%	51%
Never	19%	23%	19%	19%	20%	23%	18%	18%	19%	20%	20%	22%
Not sure	3%	3%	3%	3%	3%	2%	3%	3%	3%	2%	2%	2%
Totals	99%	100%	99%	101%	100%	100%	99%	100%	100%	101%	99%	100%
Unweighted N	(1,121)	(470)	(350)	(385)	(669)	(371)	(423)	(327)	(244)	(416)	(325)	(261)

15F. Frequency of Sleep Problems — Experience sleep paralysis

How often do you do each of the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	0%	0%	0%	0%	1%	0%	0%	0%	0%	2%	0%	0%
Most nights	2%	2%	2%	2%	3%	1%	1%	0%	7%	4%	2%	1%
Some nights	9%	9%	9%	9%	11%	10%	4%	8%	7%	20%	9%	9%
Rarely	23%	22%	23%	31%	27%	22%	10%	19%	25%	21%	22%	24%
Never	53%	53%	53%	52%	47%	48%	66%	57%	49%	46%	56%	47%
Not sure	14%	14%	13%	6%	11%	17%	18%	15%	12%	8%	11%	18%
Totals	101%	100%	100%	100%	100%	98%	99%	99%	100%	101%	100%	99%
Unweighted N	(1,122)	(537)	(585)	(286)	(300)	(321)	(215)	(709)	(150)	(198)	(733)	(389)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	0%	0%	0%	1%	0%	0%	0%	1%	0%	1%	0%	0%
Most nights	2%	1%	4%	4%	1%	2%	1%	3%	3%	1%	3%	0%
Some nights	9%	6%	10%	10%	6%	6%	11%	8%	10%	12%	6%	7%
Rarely	23%	20%	17%	24%	22%	21%	26%	18%	19%	24%	22%	18%
Never	53%	61%	51%	50%	57%	59%	48%	53%	52%	48%	54%	59%
Not sure	14%	12%	17%	13%	14%	11%	14%	16%	16%	13%	14%	15%
Totals	101%	100%	99%	102%	100%	99%	100%	99%	100%	99%	99%	99%
Unweighted N	(1,122)	(468)	(353)	(388)	(667)	(370)	(423)	(329)	(247)	(416)	(325)	(261)

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16. Things Done While Asleep

As far as you know, which, if any, do you do while you are asleep? Select all that apply.

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Snore	36%	37%	34%	23%	30%	48%	35%	37%	31%	39%	36%	36%
Grind your teeth	19%	13%	24%	7%	22%	30%	11%	19%	16%	20%	15%	26%
Talk in your sleep	15%	13%	18%	12%	17%	18%	12%	16%	15%	13%	16%	15%
Sleepwalk	2%	1%	3%	2%	3%	3%	1%	2%	4%	3%	2%	3%
None of these	35%	39%	32%	54%	41%	20%	33%	35%	38%	38%	35%	36%
Not sure	13%	13%	13%	12%	12%	11%	19%	11%	15%	9%	16%	8%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Snore	36%	35%	41%	36%	37%	35%	34%	38%	38%	33%	40%	43%
Grind your teeth	19%	24%	22%	18%	19%	19%	18%	19%	18%	14%	22%	28%
Talk in your sleep	15%	15%	14%	15%	15%	19%	14%	14%	15%	17%	13%	15%
Sleepwalk	2%	3%	1%	2%	3%	3%	2%	2%	2%	3%	1%	3%
None of these	35%	32%	32%	38%	33%	36%	37%	32%	37%	34%	35%	31%
Not sure	13%	14%	11%	11%	13%	10%	14%	14%	10%	19%	7%	8%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

17. Frequency of Setting an Alarm

When you go to sleep for the night, how often do you set an alarm?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Always	25%	25%	25%	29%	26%	31%	13%	25%	31%	25%	24%	28%
Often	16%	15%	17%	18%	24%	15%	8%	18%	11%	16%	16%	18%
Sometimes	17%	16%	17%	19%	17%	15%	16%	15%	21%	26%	16%	17%
Rarely	22%	24%	20%	21%	19%	21%	29%	21%	9%	22%	23%	20%
Never	20%	19%	20%	13%	14%	18%	34%	21%	28%	11%	22%	16%
Totals	100%	99%	99%	100%	100%	100%	100%	100%	100%	100%	101%	99%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Always	25%	24%	23%	23%	25%	27%	27%	22%	21%	20%	26%	30%
Often	16%	22%	20%	20%	15%	16%	12%	23%	21%	12%	23%	21%
Sometimes	17%	17%	19%	17%	15%	19%	15%	17%	17%	17%	16%	17%
Rarely	22%	18%	20%	21%	24%	18%	26%	20%	20%	30%	16%	16%
Never	20%	19%	18%	18%	21%	21%	20%	18%	20%	21%	18%	16%
Totals	100%	100%	100%	99%	100%	101%	100%	100%	99%	100%	99%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

18. Number of Times Alarm Is Typically Snoozed

When you set an alarm, how many times do you typically hit snooze before getting up?

Among people who ever set an alarm

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
I don't hit snooze - I get up at the first alarm	43%	48%	39%	31%	40%	48%	55%	45%	38%	34%	46%	38%
Once	27%	24%	30%	35%	25%	29%	20%	26%	23%	34%	23%	36%
Twice	13%	12%	14%	13%	16%	11%	9%	12%	13%	19%	13%	12%
Three times	6%	5%	8%	4%	10%	6%	4%	8%	5%	4%	7%	6%
Four or more times	4%	2%	5%	5%	5%	3%	2%	4%	3%	5%	3%	5%
Not sure	7%	9%	4%	12%	4%	4%	8%	5%	17%	4%	9%	3%
Totals	100%	100%	100%	100%	100%	101%	98%	100%	99%	100%	101%	100%
Unweighted N	(914)	(438)	(476)	(246)	(264)	(270)	(134)	(576)	(119)	(167)	(574)	(340)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
I don't hit snooze - I get up at the first alarm	43%	39%	47%	41%	46%	42%	45%	43%	44%	37%	48%	40%
Once	27%	29%	23%	27%	26%	27%	28%	27%	26%	32%	21%	34%
Twice	13%	14%	19%	18%	11%	13%	9%	17%	21%	9%	19%	14%
Three times	6%	5%	6%	5%	7%	5%	8%	6%	6%	9%	5%	6%
Four or more times	4%	6%	1%	2%	5%	6%	4%	1%	0%	4%	3%	3%
Not sure	7%	7%	4%	7%	6%	8%	7%	6%	3%	10%	4%	3%
Totals	100%	100%	100%	100%	101%	101%	101%	100%	100%	101%	100%	100%
Unweighted N	(914)	(388)	(290)	(321)	(539)	(307)	(334)	(273)	(200)	(321)	(273)	(224)

19. Frequency of Taking a Nap During the Day

How often, if ever, do you take a nap during the day?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every day	7%	6%	7%	4%	6%	8%	7%	6%	10%	8%	7%	6%
A few days a week	21%	21%	20%	11%	17%	27%	25%	21%	20%	21%	20%	22%
A few days a month	16%	17%	14%	18%	19%	15%	12%	15%	20%	9%	16%	17%
Rarely	39%	37%	40%	41%	43%	37%	34%	39%	28%	44%	36%	43%
Never	16%	14%	17%	19%	13%	12%	20%	17%	19%	13%	18%	11%
Not sure	3%	4%	1%	6%	2%	1%	2%	2%	3%	5%	4%	1%
Totals	102%	99%	99%	99%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,125)	(537)	(588)	(286)	(300)	(323)	(216)	(711)	(151)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every day	7%	8%	7%	7%	6%	8%	6%	6%	7%	7%	4%	7%
A few days a week	21%	21%	25%	24%	19%	23%	18%	23%	26%	20%	21%	25%
A few days a month	16%	17%	13%	13%	18%	17%	17%	14%	15%	15%	18%	15%
Rarely	39%	33%	39%	43%	37%	28%	44%	41%	38%	40%	40%	34%
Never	16%	20%	13%	10%	19%	23%	13%	13%	12%	14%	17%	16%
Not sure	3%	1%	2%	3%	1%	1%	3%	3%	3%	3%	0%	2%
Totals	102%	100%	99%	100%	100%	100%	101%	100%	101%	99%	100%	99%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(246)	(417)	(326)	(262)

20. Where Cellphone Is Left at Night

When you go to sleep, where do you typically leave your cellphone?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
On my bed next to me	26%	28%	25%	33%	34%	20%	21%	24%	35%	23%	29%	21%
Directly next to my bed (such as on a nightstand)	52%	51%	52%	45%	54%	57%	48%	55%	47%	57%	50%	54%
Somewhere else in my bedroom	10%	9%	10%	17%	7%	9%	7%	6%	12%	9%	8%	12%
In another room	10%	9%	12%	1%	3%	14%	21%	13%	2%	7%	10%	11%
Not sure	1%	1%	1%	4%	1%	1%	0%	1%	2%	3%	2%	0%
I don't have a cellphone	1%	1%	0%	0%	1%	0%	2%	1%	1%	1%	1%	1%
Totals	100%	99%	100%	100%	100%	101%	99%	100%	99%	100%	100%	99%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
On my bed next to me	26%	23%	21%	22%	28%	29%	27%	23%	18%	32%	22%	19%
Directly next to my bed (such as on a nightstand)	52%	58%	58%	52%	54%	51%	48%	58%	61%	45%	56%	63%
Somewhere else in my bedroom	10%	8%	7%	13%	8%	9%	12%	6%	7%	12%	6%	10%
In another room	10%	10%	13%	12%	8%	10%	9%	12%	13%	10%	14%	7%
Not sure	1%	1%	1%	1%	1%	1%	2%	0%	0%	1%	1%	1%
I don't have a cellphone	1%	0%	1%	1%	1%	0%	1%	1%	1%	1%	0%	0%
Totals	100%	100%	101%	101%	100%	100%	99%	100%	100%	101%	99%	100%

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	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

21. Sleep Aids Regularly Used

Which of the following, if any, do you regularly use to help you fall asleep or stay asleep? Select all that apply.

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
A fan	34%	35%	32%	35%	37%	35%	27%	36%	24%	26%	38%	25%
Blackout curtains	15%	11%	18%	14%	18%	17%	8%	16%	10%	15%	14%	15%
Magnesium or another supplement	10%	5%	15%	4%	8%	14%	12%	11%	4%	10%	9%	13%
Melatonin	10%	12%	8%	9%	13%	9%	8%	9%	8%	9%	10%	8%
Cannabis, marijuana, or CBD	9%	11%	7%	4%	13%	10%	7%	9%	3%	6%	8%	10%
A white noise machine	8%	6%	11%	6%	11%	8%	9%	10%	4%	6%	8%	10%
A prescription sleep medication	8%	5%	11%	5%	4%	11%	11%	9%	5%	10%	10%	5%
An eye mask	7%	6%	8%	8%	11%	8%	2%	8%	8%	5%	4%	14%
An over-the-counter sleep aid	6%	5%	8%	3%	5%	8%	7%	6%	10%	4%	6%	6%
A meditation, breathing, or sleep app	5%	3%	7%	7%	4%	7%	2%	5%	2%	11%	5%	6%
A CPAP or similar machine	5%	5%	5%	2%	1%	7%	8%	7%	0%	2%	5%	4%
Earplugs	5%	5%	5%	6%	5%	5%	2%	4%	6%	6%	5%	5%
Alcohol	5%	8%	2%	1%	12%	3%	3%	3%	4%	3%	5%	4%
None of these	31%	32%	31%	38%	28%	22%	43%	28%	34%	36%	29%	36%
Not sure	2%	2%	1%	3%	3%	0%	0%	1%	1%	5%	2%	1%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

YouGov Survey: Sleep
August 27 - 30, 2026 - 1,126 U.S. adult citizens



		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
A fan	34%	32%	39%	32%	37%	32%	30%	40%	38%	35%	37%	26%
Blackout curtains	15%	16%	13%	12%	18%	16%	15%	13%	12%	13%	17%	15%
Magnesium or another supplement	10%	9%	10%	10%	11%	7%	12%	11%	11%	7%	15%	11%
Melatonin	10%	11%	10%	10%	10%	9%	11%	8%	8%	11%	8%	9%
Cannabis, marijuana, or CBD	9%	10%	5%	5%	12%	6%	13%	5%	6%	10%	8%	12%
A white noise machine	8%	11%	9%	7%	10%	13%	6%	8%	9%	6%	10%	13%
A prescription sleep medication	8%	9%	9%	8%	8%	11%	7%	8%	8%	10%	11%	5%
An eye mask	7%	7%	7%	8%	5%	7%	8%	6%	9%	6%	6%	12%
An over-the-counter sleep aid	6%	8%	6%	5%	6%	8%	6%	5%	6%	5%	8%	7%
A meditation, breathing, or sleep app	5%	9%	4%	5%	6%	6%	4%	7%	6%	7%	5%	4%
A CPAP or similar machine	5%	4%	8%	7%	3%	4%	5%	5%	5%	5%	4%	5%
Earplugs	5%	5%	4%	4%	4%	4%	4%	5%	5%	3%	5%	6%
Alcohol	5%	3%	6%	5%	4%	2%	6%	5%	5%	6%	3%	5%
None of these	31%	32%	26%	35%	31%	34%	32%	28%	28%	33%	28%	29%
Not sure	2%	1%	1%	1%	1%	1%	2%	1%	2%	1%	2%	1%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

22. Sleep Conditions Currently Has

Do you have any of the following? Select all that apply.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Sleep apnea	13%	14%	11%	2%	6%	20%	19%	15%	5%	11%	13%	11%
Insomnia	12%	10%	15%	9%	14%	15%	11%	13%	13%	14%	14%	9%
Restless legs syndrome	10%	8%	12%	3%	8%	15%	13%	12%	3%	10%	12%	7%
A circadian rhythm disorder, such as delayed sleep phase	3%	2%	3%	3%	5%	1%	2%	2%	3%	3%	3%	3%
Narcolepsy	1%	1%	1%	0%	2%	2%	0%	1%	1%	2%	1%	1%
None of these	61%	64%	57%	74%	69%	48%	58%	57%	72%	60%	56%	70%
Not sure	9%	9%	9%	11%	7%	11%	8%	9%	10%	12%	11%	7%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Sleep apnea	13%	10%	17%	14%	10%	10%	15%	12%	11%	15%	12%	11%
Insomnia	12%	13%	11%	10%	14%	15%	13%	10%	11%	13%	11%	11%
Restless legs syndrome	10%	9%	13%	12%	9%	7%	11%	11%	10%	12%	10%	7%
A circadian rhythm disorder, such as delayed sleep phase	3%	4%	3%	2%	3%	3%	2%	3%	3%	2%	4%	4%
Narcolepsy	1%	2%	1%	1%	1%	2%	1%	1%	0%	1%	0%	1%
None of these	61%	63%	55%	60%	62%	60%	59%	64%	63%	56%	60%	70%
Not sure	9%	10%	8%	9%	10%	12%	10%	6%	7%	11%	10%	5%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

23. Whether Has Talked to a Doctor About Sleep

Have you ever talked to a doctor or other health care provider about a problem with your sleep?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	28%	24%	32%	14%	19%	37%	38%	32%	17%	25%	30%	25%
No, but I have considered it	13%	15%	12%	10%	16%	15%	10%	12%	20%	17%	14%	12%
No, and I have not considered it	56%	59%	54%	70%	62%	47%	52%	55%	59%	51%	54%	61%
Not sure	2%	3%	2%	6%	3%	1%	1%	2%	4%	6%	3%	2%
Totals	99%	101%	100%	100%	100%	100%	101%	101%	100%	99%	101%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes	28%	34%	31%	29%	29%	31%	26%	28%	31%	27%	31%	29%
No, but I have considered it	13%	11%	16%	15%	13%	16%	10%	14%	17%	14%	11%	11%
No, and I have not considered it	56%	54%	50%	53%	57%	52%	61%	54%	49%	56%	57%	58%
Not sure	2%	2%	3%	3%	2%	2%	2%	3%	4%	3%	1%	2%
Totals	99%	101%	100%	100%	101%	101%	99%	99%	101%	100%	100%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

24. Whether Has Worn a Device To Track Sleep

Have you ever worn a wearable device to track your sleep?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, I do now	11%	11%	11%	7%	11%	11%	14%	11%	9%	15%	6%	19%
Yes, I used to	15%	15%	15%	7%	22%	17%	11%	15%	12%	10%	14%	17%
No, but I'd be interested	22%	19%	25%	26%	19%	22%	20%	22%	24%	19%	24%	17%
No, and I'm not interested	50%	53%	48%	56%	47%	49%	51%	49%	54%	53%	53%	46%
Not sure	2%	3%	2%	3%	2%	1%	3%	2%	1%	3%	2%	2%
Totals	100%	101%	101%	99%	101%	100%	99%	99%	100%	100%	99%	101%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, I do now	11%	19%	11%	8%	14%	15%	9%	9%	10%	6%	11%	20%
Yes, I used to	15%	11%	16%	14%	15%	10%	18%	16%	14%	16%	20%	12%
No, but I'd be interested	22%	27%	22%	21%	24%	27%	16%	25%	25%	26%	20%	20%
No, and I'm not interested	50%	41%	50%	54%	46%	46%	55%	48%	49%	51%	47%	46%
Not sure	2%	2%	2%	2%	1%	2%	2%	2%	2%	1%	2%	2%
Totals	100%	100%	101%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

25. Effect of Sleep Tracking on Own Sleep

What effect, if any, has tracking your sleep had on how well you sleep?

Among people who do now or used to wear a device to track their sleep

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Positive	31%	35%	28%	*	*	*	*	24%	*	*	32%	30%
Negative	8%	3%	13%	*	*	*	*	11%	*	*	7%	9%
Very positive	15%	19%	11%	*	*	*	*	10%	*	*	12%	18%
Somewhat positive	17%	16%	17%	*	*	*	*	15%	*	*	21%	12%
Neither positive nor negative	57%	58%	55%	*	*	*	*	60%	*	*	57%	56%
Somewhat negative	6%	2%	9%	*	*	*	*	8%	*	*	2%	9%
Very negative	3%	1%	4%	*	*	*	*	3%	*	*	5%	0%
Not sure	4%	4%	4%	*	*	*	*	5%	*	*	4%	4%
Totals	102%	100%	100%	*	*	*	*	101%	*	*	101%	99%
Unweighted N	(269)	(122)	(147)	(52)	(80)	(82)	(55)	(177)	(32)	(48)	(141)	(128)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Positive	31%	39%	*	*	33%	*	22%	*	*	*	*	*
Negative	8%	4%	*	*	4%	*	16%	*	*	*	*	*
Very positive	15%	20%	*	*	15%	*	8%	*	*	*	*	*
Somewhat positive	17%	19%	*	*	17%	*	14%	*	*	*	*	*
Neither positive nor negative	57%	51%	*	*	57%	*	59%	*	*	*	*	*
Somewhat negative	6%	2%	*	*	3%	*	11%	*	*	*	*	*
Very negative	3%	1%	*	*	1%	*	5%	*	*	*	*	*
Not sure	4%	6%	*	*	7%	*	3%	*	*	*	*	*

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	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Totals	102%	99%	*	*	100%	*	100%	*	*	*	*	*
Unweighted N	(269)	(130)	(86)	(87)	(175)	(94)	(100)	(75)	(57)	(76)	(88)	(87)

26. Importance Placed on Getting Good Sleep

How important is getting good sleep to you personally?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very important	65%	60%	70%	63%	72%	61%	66%	62%	71%	66%	62%	72%
Somewhat important	28%	34%	23%	29%	23%	32%	28%	31%	21%	28%	31%	24%
Not very important	3%	3%	3%	4%	1%	4%	3%	3%	5%	2%	4%	2%
Not important at all	1%	1%	1%	2%	3%	0%	0%	1%	1%	3%	1%	1%
Not sure	2%	2%	2%	2%	1%	3%	3%	3%	2%	1%	3%	2%
Totals	99%	100%	99%	100%	100%	100%	100%	100%	100%	100%	101%	101%
Unweighted N	(1,124)	(537)	(587)	(286)	(301)	(322)	(215)	(711)	(151)	(198)	(735)	(389)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Very important	65%	71%	64%	65%	66%	67%	65%	63%	65%	68%	62%	65%
Somewhat important	28%	25%	33%	31%	28%	28%	27%	31%	31%	27%	30%	28%
Not very important	3%	3%	2%	2%	3%	3%	4%	2%	2%	2%	5%	3%
Not important at all	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	2%
Not sure	2%	0%	1%	1%	2%	1%	3%	3%	1%	2%	1%	2%
Totals	99%	100%	101%	100%	100%	101%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,124)	(471)	(352)	(387)	(670)	(371)	(423)	(330)	(247)	(418)	(325)	(261)

27. Whether an Extra Hour Would Go to Sleep or Free Time

If you were given one extra hour every day, would you use it to sleep more or to have more free time while awake?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Sleep more	40%	38%	42%	31%	44%	45%	38%	37%	51%	45%	41%	38%
More free time while awake	42%	44%	41%	44%	45%	38%	43%	48%	33%	38%	41%	44%
Not sure	18%	18%	17%	25%	11%	17%	19%	16%	16%	17%	18%	18%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Sleep more	40%	43%	38%	31%	43%	45%	42%	34%	36%	44%	42%	36%
More free time while awake	42%	44%	46%	46%	43%	40%	37%	51%	47%	36%	41%	53%
Not sure	18%	13%	17%	23%	14%	15%	21%	15%	17%	20%	17%	11%
Totals	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

28. Whether Would Eliminate the Need for Sleep

If you could eliminate your own need for sleep, would you do it?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
I would	28%	29%	27%	33%	31%	28%	19%	30%	25%	28%	27%	30%
I would not	48%	46%	50%	38%	48%	49%	57%	47%	53%	51%	51%	43%
Not sure	24%	25%	23%	29%	21%	23%	24%	23%	22%	20%	23%	27%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%	101%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
I would	28%	32%	30%	27%	31%	28%	28%	27%	29%	22%	29%	37%
I would not	48%	51%	50%	48%	50%	51%	44%	51%	56%	51%	50%	47%
Not sure	24%	16%	20%	25%	19%	21%	28%	22%	14%	28%	21%	16%
Totals	100%	99%	100%	100%	100%	100%	100%	100%	99%	101%	100%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

29. Size of Bed Typically Slept In

What size bed do you typically sleep in at night?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
California king	5%	6%	4%	1%	3%	8%	4%	5%	3%	5%	3%	8%
King	20%	15%	25%	19%	22%	22%	16%	21%	16%	13%	15%	31%
Queen	39%	35%	42%	24%	41%	40%	49%	40%	41%	43%	39%	39%
Full	18%	20%	16%	30%	15%	16%	15%	18%	24%	18%	21%	13%
Twin	10%	10%	9%	12%	7%	9%	11%	10%	4%	8%	11%	7%
Other	5%	8%	2%	3%	9%	4%	4%	4%	1%	8%	7%	1%
Not sure	3%	6%	1%	11%	3%	0%	1%	2%	10%	5%	5%	1%
Totals	100%	100%	99%	100%	100%	99%	100%	100%	99%	100%	101%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
California king	5%	4%	5%	5%	5%	3%	5%	5%	7%	1%	5%	13%
King	20%	18%	26%	25%	18%	17%	21%	23%	23%	15%	23%	31%
Queen	39%	49%	37%	35%	42%	46%	33%	41%	36%	40%	45%	33%
Full	18%	15%	19%	19%	17%	17%	20%	17%	16%	21%	13%	14%
Twin	10%	10%	7%	8%	11%	11%	10%	8%	8%	12%	8%	7%
Other	5%	2%	4%	5%	6%	3%	7%	4%	7%	8%	3%	1%
Not sure	3%	2%	1%	4%	2%	2%	5%	3%	3%	3%	1%	1%
Totals	100%	100%	99%	101%	101%	99%	101%	101%	100%	100%	98%	100%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

30. Preference for Hard or Soft Mattresses

Do you prefer hard or soft mattresses?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Soft	54%	54%	54%	66%	66%	50%	37%	51%	60%	59%	56%	50%
Hard	33%	32%	35%	22%	28%	35%	47%	38%	27%	21%	31%	38%
Not sure	13%	14%	11%	12%	6%	15%	17%	11%	13%	20%	13%	11%
Totals	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%	99%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Soft	54%	49%	52%	59%	50%	53%	58%	50%	58%	55%	50%	58%
Hard	33%	38%	39%	33%	35%	33%	28%	41%	35%	33%	41%	31%
Not sure	13%	12%	9%	7%	15%	14%	15%	8%	7%	12%	9%	10%
Totals	100%	99%	100%	99%	100%	100%	101%	99%	100%	100%	100%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

31. Whether Too Hot or Too Cold While Sleeping

When you are sleeping, do you more often feel...?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Too hot	44%	43%	45%	37%	55%	47%	33%	47%	42%	26%	44%	43%
Too cold	9%	8%	11%	13%	11%	6%	8%	10%	7%	8%	9%	9%
Neither	39%	39%	39%	37%	29%	42%	48%	37%	39%	49%	36%	45%
Not sure	8%	10%	6%	14%	5%	5%	11%	6%	11%	17%	10%	4%
Totals	100%	100%	101%	101%	100%	100%	100%	100%	99%	100%	99%	101%
Unweighted N	(1,125)	(538)	(587)	(285)	(301)	(323)	(216)	(712)	(150)	(198)	(735)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Too hot	44%	45%	41%	33%	50%	45%	43%	43%	34%	39%	51%	46%
Too cold	9%	9%	11%	13%	8%	7%	7%	14%	13%	8%	11%	9%
Neither	39%	40%	42%	48%	35%	40%	41%	37%	47%	44%	33%	41%
Not sure	8%	6%	6%	7%	6%	8%	9%	6%	7%	9%	5%	5%
Totals	100%	100%	100%	101%	99%	100%	100%	100%	101%	100%	100%	101%
Unweighted N	(1,125)	(471)	(353)	(387)	(671)	(372)	(423)	(330)	(247)	(417)	(326)	(262)

32. Heaviest Cover Preferred While Sleeping

When you are sleeping, what is the heaviest cover you prefer to have on top of you?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
No cover	3%	4%	1%	2%	1%	4%	3%	2%	0%	6%	3%	2%
Sheet	12%	14%	9%	7%	12%	14%	14%	13%	16%	8%	12%	12%
Light blanket	35%	33%	36%	35%	30%	35%	39%	32%	39%	36%	35%	33%
Heavy blanket	14%	15%	13%	14%	21%	14%	8%	13%	15%	11%	15%	13%
Comforter or duvet	34%	29%	39%	36%	34%	31%	35%	37%	28%	35%	31%	38%
Not sure	3%	5%	2%	7%	2%	3%	1%	3%	2%	4%	4%	2%
Totals	101%	100%	100%	101%	100%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,125)	(537)	(588)	(286)	(300)	(323)	(216)	(711)	(151)	(198)	(735)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
No cover	3%	1%	3%	3%	2%	1%	3%	3%	3%	4%	2%	2%
Sheet	12%	8%	13%	13%	13%	12%	10%	15%	14%	14%	10%	10%
Light blanket	35%	34%	36%	37%	32%	35%	35%	34%	34%	38%	29%	39%
Heavy blanket	14%	10%	16%	15%	13%	12%	16%	14%	17%	17%	15%	8%
Comforter or duvet	34%	44%	29%	29%	38%	39%	31%	32%	29%	24%	44%	38%
Not sure	3%	3%	3%	3%	2%	1%	5%	2%	2%	3%	2%	3%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	99%	100%	102%	100%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(246)	(418)	(326)	(261)

33. Number of Pillows Slept With

How many pillows do you use while sleeping?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
None	2%	2%	2%	4%	1%	1%	3%	2%	5%	1%	3%	1%
1 pillow	43%	42%	43%	41%	44%	34%	57%	44%	35%	43%	44%	41%
2 pillows	39%	40%	37%	36%	35%	46%	35%	39%	37%	38%	36%	44%
3 pillows	8%	7%	10%	8%	10%	11%	3%	9%	10%	8%	9%	6%
4 or more pillows	7%	7%	7%	7%	9%	8%	3%	6%	13%	5%	6%	8%
Not sure	1%	2%	0%	4%	0%	0%	0%	1%	0%	4%	1%	0%
Totals	100%	100%	99%	100%	99%	100%	101%	101%	100%	99%	99%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
None	2%	1%	2%	4%	1%	1%	3%	3%	2%	3%	2%	0%
1 pillow	43%	48%	42%	42%	42%	43%	39%	48%	46%	40%	46%	45%
2 pillows	39%	37%	40%	41%	40%	42%	39%	35%	37%	39%	35%	45%
3 pillows	8%	7%	7%	8%	9%	8%	9%	8%	9%	9%	9%	5%
4 or more pillows	7%	6%	7%	5%	7%	5%	9%	5%	5%	8%	7%	4%
Not sure	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	0%
Totals	100%	100%	99%	101%	100%	100%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

34. Position Most Often Fallen Asleep In

Do you most often fall asleep on your...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Side	67%	64%	71%	63%	62%	72%	70%	69%	60%	58%	66%	70%
Back	18%	20%	16%	12%	19%	17%	24%	18%	15%	25%	19%	16%
Stomach	11%	11%	12%	15%	16%	9%	6%	10%	16%	14%	10%	13%
Not sure	3%	6%	1%	10%	3%	1%	0%	2%	9%	4%	4%	1%
Totals	99%	101%	100%	100%	100%	99%	100%	99%	100%	101%	99%	100%
Unweighted N	(1,124)	(537)	(587)	(286)	(300)	(322)	(216)	(710)	(151)	(198)	(735)	(389)
	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Side	67%	68%	68%	67%	69%	70%	65%	67%	66%	70%	69%	68%
Back	18%	17%	17%	19%	17%	16%	22%	14%	18%	19%	15%	17%
Stomach	11%	14%	13%	11%	13%	13%	8%	15%	14%	9%	14%	13%
Not sure	3%	1%	3%	3%	1%	1%	5%	3%	2%	1%	3%	2%
Totals	99%	100%	101%	100%	100%	100%	100%	99%	100%	99%	101%	100%
Unweighted N	(1,124)	(471)	(351)	(386)	(671)	(372)	(424)	(328)	(247)	(418)	(326)	(261)

35. Position Most Often Woken Up In

Do you most often wake up on your...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Side	58%	58%	58%	52%	52%	64%	63%	62%	56%	47%	58%	59%
Back	25%	24%	27%	18%	29%	27%	26%	25%	26%	34%	26%	24%
Stomach	9%	8%	10%	16%	12%	6%	3%	7%	7%	8%	7%	12%
Not sure	8%	10%	6%	13%	7%	4%	8%	7%	11%	11%	9%	5%
Totals	100%	100%	101%	99%	100%	101%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,125)	(537)	(588)	(286)	(300)	(323)	(216)	(711)	(151)	(198)	(736)	(389)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Side	58%	63%	57%	53%	63%	64%	53%	60%	57%	58%	61%	61%
Back	25%	23%	27%	27%	24%	21%	30%	23%	27%	26%	25%	24%
Stomach	9%	9%	9%	13%	7%	7%	9%	9%	11%	11%	6%	11%
Not sure	8%	5%	8%	7%	6%	7%	8%	8%	5%	5%	8%	4%
Totals	100%	100%	101%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(247)	(418)	(326)	(261)

36. Number of Other People Sleeping in the Same Bed

How many additional people typically sleep in the same bed as you, including other adults or children but not including yourself?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
No other people	53%	58%	49%	58%	46%	50%	61%	50%	52%	53%	58%	45%
1 other person	42%	38%	46%	34%	46%	49%	38%	46%	40%	40%	37%	53%
2 other people	3%	3%	3%	4%	6%	1%	1%	2%	6%	4%	4%	1%
3 other people	0%	0%	0%	1%	0%	0%	0%	0%	0%	1%	0%	0%
4 or more other people	0%	0%	1%	1%	1%	0%	0%	0%	1%	0%	0%	0%
Not sure	1%	1%	1%	2%	1%	0%	0%	1%	1%	1%	1%	1%
Totals	99%	100%	100%	100%	100%	100%	100%	99%	100%	99%	100%	100%
Unweighted N	(1,125)	(537)	(588)	(285)	(301)	(323)	(216)	(712)	(151)	(197)	(735)	(390)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
No other people	53%	47%	47%	49%	55%	54%	59%	45%	43%	65%	47%	33%
1 other person	42%	49%	49%	46%	41%	42%	37%	50%	51%	32%	49%	64%
2 other people	3%	2%	4%	4%	3%	2%	3%	3%	4%	3%	4%	1%
3 other people	0%	1%	0%	0%	0%	1%	0%	0%	0%	0%	0%	0%
4 or more other people	0%	0%	0%	1%	0%	0%	0%	1%	1%	0%	0%	1%
Not sure	1%	0%	0%	0%	1%	0%	1%	1%	1%	0%	0%	1%
Totals	99%	99%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,125)	(471)	(352)	(387)	(671)	(372)	(424)	(329)	(246)	(417)	(326)	(262)

37. Who Typically Shares the Bed

Who typically sleeps in the same bed as you? Select all that apply.

Among people who share a bed with at least one other person

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
A spouse or romantic partner	89%	91%	87%	76%	91%	88%	*	89%	*	*	87%	90%
Your child or children	7%	3%	10%	13%	12%	2%	*	5%	*	*	7%	6%
A grandchild	4%	1%	6%	0%	0%	8%	*	4%	*	*	3%	5%
A friend or roommate	2%	2%	1%	5%	1%	1%	*	1%	*	*	3%	0%
Another adult relative	1%	1%	1%	0%	3%	1%	*	0%	*	*	1%	1%
Someone else	2%	4%	2%	5%	1%	2%	*	3%	*	*	4%	0%
Not sure	1%	2%	1%	6%	0%	0%	*	1%	*	*	2%	0%
Unweighted N	(516)	(236)	(280)	(109)	(173)	(148)	(86)	(333)	(71)	(88)	(295)	(221)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
A spouse or romantic partner	89%	91%	91%	87%	94%	87%	89%	89%	89%	80%	89%	99%
Your child or children	7%	6%	5%	5%	7%	9%	6%	5%	5%	10%	8%	3%
A grandchild	4%	1%	2%	2%	1%	2%	7%	2%	1%	11%	1%	0%
A friend or roommate	2%	3%	0%	2%	1%	4%	1%	1%	0%	2%	2%	1%
Another adult relative	1%	0%	3%	3%	0%	0%	0%	3%	3%	0%	3%	0%
Someone else	2%	1%	4%	4%	1%	0%	3%	3%	6%	5%	1%	0%
Not sure	1%	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%
Unweighted N	(516)	(222)	(173)	(192)	(296)	(161)	(197)	(158)	(126)	(140)	(162)	(172)

38. Number of Pets Sleeping in the Same Bed

How many pets typically sleep in the same bed as you?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
No pets	73%	76%	69%	81%	69%	67%	77%	70%	85%	74%	71%	76%
1 pet	19%	17%	20%	13%	22%	22%	14%	19%	9%	20%	20%	17%
2 pets	5%	3%	7%	2%	5%	7%	7%	6%	6%	2%	5%	5%
3 pets	1%	1%	2%	0%	2%	1%	1%	2%	0%	0%	1%	2%
4 or more pets	2%	1%	2%	1%	1%	2%	2%	2%	0%	2%	2%	1%
Not sure	1%	1%	0%	3%	1%	0%	0%	1%	1%	1%	1%	0%
Totals	101%	99%	100%	100%	100%	99%	101%	100%	101%	99%	100%	101%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
No pets	73%	72%	71%	71%	73%	78%	71%	70%	70%	71%	72%	72%
1 pet	19%	18%	19%	18%	19%	16%	20%	19%	20%	22%	18%	18%
2 pets	5%	8%	6%	6%	5%	5%	5%	6%	4%	4%	7%	7%
3 pets	1%	1%	2%	2%	1%	1%	1%	2%	1%	1%	2%	1%
4 or more pets	2%	2%	2%	2%	1%	1%	2%	1%	4%	2%	1%	0%
Not sure	1%	0%	0%	1%	0%	0%	1%	1%	1%	0%	0%	1%
Totals	101%	101%	100%	100%	99%	101%	100%	99%	100%	100%	100%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

39. Views on Infants Sleeping in Bed With Parents

What comes closest to your view about infants sleeping in bed with their parents?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
It should be encouraged	13%	13%	14%	21%	20%	11%	2%	9%	17%	12%	11%	17%
It should be discouraged	36%	29%	42%	28%	26%	39%	51%	42%	25%	26%	36%	36%
It should be neither encouraged nor discouraged	31%	33%	28%	31%	31%	32%	29%	29%	34%	41%	33%	27%
Not sure	20%	25%	16%	21%	22%	19%	18%	19%	24%	21%	20%	20%
Totals	100%	100%	100%	101%	99%	101%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
It should be encouraged	13%	12%	11%	17%	11%	14%	15%	11%	12%	18%	9%	11%
It should be discouraged	36%	40%	44%	38%	37%	34%	27%	51%	47%	29%	41%	45%
It should be neither encouraged nor discouraged	31%	28%	32%	32%	30%	30%	33%	27%	31%	32%	32%	25%
Not sure	20%	20%	13%	13%	22%	22%	26%	11%	9%	21%	18%	18%
Totals	100%	100%	100%	100%	100%	100%	101%	100%	99%	100%	100%	99%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

40. Whether Sleeping in Separate Beds Is Good or Bad for a Relationship

In general, do you think sleeping in separate beds is good or bad for a couple's relationship?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very good for it	8%	8%	8%	7%	13%	8%	4%	6%	7%	11%	8%	9%
Somewhat good for it	9%	6%	12%	12%	8%	6%	12%	10%	8%	6%	9%	9%
Neither good nor bad for it	32%	28%	36%	30%	28%	36%	34%	31%	35%	33%	32%	34%
Somewhat bad for it	20%	20%	19%	23%	13%	21%	22%	20%	20%	22%	21%	17%
Very bad for it	16%	17%	14%	15%	19%	16%	12%	15%	19%	18%	16%	14%
Not sure	16%	20%	12%	13%	20%	14%	15%	17%	12%	10%	14%	18%
Totals	101%	99%	101%	100%	101%	101%	99%	99%	101%	100%	100%	101%
Unweighted N	(1,123)	(535)	(588)	(285)	(301)	(322)	(215)	(710)	(151)	(197)	(734)	(389)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Very good for it	8%	7%	7%	5%	8%	6%	10%	6%	8%	10%	6%	9%
Somewhat good for it	9%	14%	8%	8%	11%	12%	5%	12%	6%	11%	7%	7%
Neither good nor bad for it	32%	36%	27%	34%	33%	36%	33%	29%	26%	31%	37%	33%
Somewhat bad for it	20%	19%	26%	26%	17%	21%	16%	23%	32%	18%	21%	20%
Very bad for it	16%	9%	24%	19%	13%	11%	14%	22%	21%	15%	16%	15%
Not sure	16%	15%	8%	8%	18%	15%	22%	8%	7%	15%	14%	16%
Totals	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,123)	(469)	(352)	(387)	(669)	(371)	(423)	(329)	(246)	(415)	(326)	(262)

YouGov Survey: Sleep

August 27 - 30, 2026 - 1,126 U.S. adult citizens



41A. Partner Sleep Dynamics — You cuddle before falling asleep

Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	20%	27%	15%	*	27%	12%	*	19%	*	*	21%	20%
Most nights	18%	19%	17%	*	24%	17%	*	14%	*	*	15%	22%
Some nights	29%	30%	28%	*	25%	30%	*	34%	*	*	30%	27%
Rarely	21%	16%	25%	*	18%	26%	*	21%	*	*	19%	23%
Never	11%	7%	15%	*	5%	15%	*	12%	*	*	13%	8%
Not sure	1%	1%	0%	*	0%	0%	*	0%	*	*	1%	0%
Totals	100%	100%	100%	*	99%	100%	*	100%	*	*	99%	100%
Unweighted N	(461)	(216)	(245)	(83)	(156)	(139)	(83)	(305)	(59)	(73)	(253)	(208)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	20%	20%	17%	22%	21%	26%	19%	18%	17%	17%	25%	20%
Most nights	18%	18%	17%	17%	17%	21%	22%	12%	20%	19%	16%	20%
Some nights	29%	33%	36%	31%	28%	28%	21%	38%	32%	33%	26%	25%
Rarely	21%	19%	16%	17%	22%	18%	23%	20%	15%	19%	21%	23%
Never	11%	7%	14%	12%	11%	7%	13%	12%	16%	10%	12%	13%
Not sure	1%	2%	0%	0%	1%	0%	2%	0%	0%	2%	0%	0%
Totals	100%	99%	100%	99%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(461)	(203)	(156)	(164)	(274)	(141)	(180)	(140)	(110)	(113)	(146)	(165)

41B. Partner Sleep Dynamics — You go to bed at the same time

Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	13%	19%	7%	*	14%	8%	*	15%	*	*	14%	11%
Most nights	27%	30%	25%	*	33%	26%	*	30%	*	*	24%	32%
Some nights	29%	30%	28%	*	32%	25%	*	24%	*	*	29%	28%
Rarely	21%	17%	25%	*	17%	26%	*	25%	*	*	20%	23%
Never	10%	4%	14%	*	4%	15%	*	7%	*	*	12%	6%
Not sure	0%	0%	0%	*	1%	0%	*	0%	*	*	0%	0%
Totals	100%	100%	99%	*	101%	100%	*	101%	*	*	99%	100%
Unweighted N	(460)	(216)	(244)	(82)	(156)	(139)	(83)	(304)	(59)	(73)	(253)	(207)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	13%	11%	11%	14%	11%	13%	16%	10%	10%	10%	13%	13%
Most nights	27%	27%	34%	31%	26%	30%	26%	26%	33%	20%	27%	33%
Some nights	29%	40%	21%	22%	33%	30%	28%	29%	21%	39%	17%	29%
Rarely	21%	15%	24%	22%	22%	18%	21%	24%	19%	17%	34%	18%
Never	10%	7%	9%	11%	7%	9%	9%	10%	16%	15%	9%	7%
Not sure	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	1%	0%
Totals	100%	100%	99%	100%	99%	100%	100%	99%	100%	101%	101%	100%
Unweighted N	(460)	(202)	(156)	(164)	(273)	(140)	(180)	(140)	(110)	(113)	(146)	(164)

41C. Partner Sleep Dynamics — You wake up at the same time

Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	6%	8%	3%	*	9%	3%	*	6%	*	*	7%	4%
Most nights	20%	23%	18%	*	22%	21%	*	19%	*	*	18%	24%
Some nights	28%	29%	27%	*	23%	29%	*	27%	*	*	22%	35%
Rarely	36%	30%	41%	*	40%	34%	*	38%	*	*	41%	28%
Never	10%	10%	11%	*	5%	14%	*	10%	*	*	12%	8%
Not sure	0%	1%	0%	*	1%	0%	*	0%	*	*	0%	1%
Totals	100%	101%	100%	*	100%	101%	*	100%	*	*	100%	100%
Unweighted N	(462)	(216)	(246)	(83)	(156)	(139)	(84)	(306)	(59)	(73)	(254)	(208)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	6%	3%	5%	10%	3%	6%	5%	5%	8%	3%	9%	5%
Most nights	20%	18%	25%	23%	17%	20%	18%	23%	26%	24%	16%	22%
Some nights	28%	30%	24%	25%	29%	31%	28%	25%	19%	21%	24%	32%
Rarely	36%	41%	34%	31%	40%	33%	34%	40%	33%	37%	42%	31%
Never	10%	9%	12%	10%	11%	10%	14%	8%	12%	14%	7%	11%
Not sure	0%	0%	1%	1%	0%	0%	1%	0%	1%	0%	1%	0%
Totals	100%	101%	101%	100%	100%	100%	100%	101%	99%	99%	99%	101%
Unweighted N	(462)	(204)	(156)	(164)	(275)	(141)	(181)	(140)	(110)	(113)	(147)	(165)

41D. Partner Sleep Dynamics — One of you takes more than your share of the blankets

Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	5%	5%	4%	*	4%	2%	*	4%	*	*	6%	3%
Most nights	15%	16%	14%	*	23%	12%	*	14%	*	*	11%	20%
Some nights	36%	32%	40%	*	31%	42%	*	40%	*	*	39%	34%
Rarely	26%	24%	27%	*	29%	28%	*	26%	*	*	23%	29%
Never	16%	20%	13%	*	13%	15%	*	15%	*	*	18%	14%
Not sure	2%	3%	1%	*	0%	1%	*	2%	*	*	3%	0%
Totals	100%	100%	99%	*	100%	100%	*	101%	*	*	100%	100%
Unweighted N	(461)	(216)	(245)	(83)	(155)	(139)	(84)	(306)	(59)	(72)	(253)	(208)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	5%	3%	4%	6%	4%	3%	4%	6%	6%	5%	7%	3%
Most nights	15%	19%	14%	15%	15%	19%	11%	16%	17%	10%	15%	20%
Some nights	36%	37%	37%	40%	33%	37%	32%	40%	39%	46%	28%	39%
Rarely	26%	25%	26%	23%	29%	24%	29%	23%	20%	21%	30%	24%
Never	16%	16%	18%	15%	17%	16%	18%	14%	19%	15%	17%	14%
Not sure	2%	1%	0%	0%	1%	0%	5%	0%	0%	3%	1%	1%
Totals	100%	101%	99%	99%	99%	99%	99%	99%	101%	100%	98%	101%
Unweighted N	(461)	(204)	(156)	(164)	(275)	(140)	(181)	(140)	(110)	(113)	(147)	(165)

41E. Partner Sleep Dynamics — One of you is woken by the other's snoring

Thinking about sharing a bed with your partner, how often does each of the following happen?

Among people who share a bed with a spouse or romantic partner

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Every night	2%	2%	2%	*	3%	2%	*	0%	*	*	2%	1%
Most nights	8%	6%	9%	*	11%	7%	*	8%	*	*	6%	11%
Some nights	30%	28%	31%	*	30%	35%	*	31%	*	*	26%	35%
Rarely	30%	29%	31%	*	28%	31%	*	33%	*	*	29%	31%
Never	27%	28%	26%	*	25%	21%	*	23%	*	*	33%	19%
Not sure	4%	8%	1%	*	2%	5%	*	4%	*	*	5%	3%
Totals	101%	101%	100%	*	99%	101%	*	99%	*	*	101%	100%
Unweighted N	(462)	(216)	(246)	(83)	(156)	(139)	(84)	(306)	(59)	(73)	(254)	(208)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Every night	2%	1%	1%	1%	2%	1%	3%	1%	2%	4%	0%	2%
Most nights	8%	9%	7%	10%	7%	9%	6%	9%	12%	5%	7%	12%
Some nights	30%	28%	31%	30%	29%	28%	26%	34%	31%	22%	30%	37%
Rarely	30%	37%	32%	32%	30%	29%	30%	30%	27%	21%	33%	32%
Never	27%	22%	25%	21%	29%	31%	28%	22%	25%	41%	25%	17%
Not sure	4%	3%	5%	5%	2%	2%	7%	3%	4%	7%	5%	1%
Totals	101%	100%	101%	99%	99%	100%	100%	99%	101%	100%	100%	101%
Unweighted N	(462)	(204)	(156)	(164)	(275)	(141)	(181)	(140)	(110)	(113)	(147)	(165)

42A. Dream Subjects Ever Experienced — Falling or floating

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	47%	47%	46%	37%	59%	53%	34%	54%	*	30%	45%	49%
Yes, once	15%	13%	17%	12%	13%	22%	13%	15%	*	10%	16%	13%
No	27%	27%	28%	30%	19%	20%	45%	22%	*	42%	26%	30%
Not sure	9%	11%	8%	18%	8%	5%	9%	8%	*	15%	11%	6%
Prefer not to say	1%	2%	1%	3%	2%	1%	0%	1%	*	4%	1%	2%
Totals	99%	100%	100%	100%	101%	101%	101%	100%	*	101%	99%	100%
Unweighted N	(567)	(269)	(298)	(149)	(157)	(150)	(111)	(358)	(71)	(101)	(368)	(199)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	47%	47%	39%	39%	54%	46%	51%	41%	44%	44%	48%	53%
Yes, once	15%	16%	26%	20%	12%	17%	9%	23%	22%	16%	13%	14%
No	27%	31%	25%	31%	25%	28%	28%	26%	24%	32%	26%	23%
Not sure	9%	5%	8%	7%	8%	8%	12%	7%	9%	7%	11%	10%
Prefer not to say	1%	1%	2%	2%	1%	1%	1%	3%	2%	1%	2%	0%
Totals	99%	100%	100%	99%	100%	100%	101%	100%	101%	100%	100%	100%
Unweighted N	(567)	(220)	(193)	(213)	(324)	(175)	(206)	(186)	(134)	(211)	(173)	(127)

42B. Dream Subjects Ever Experienced — Current or past jobs

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	44%	43%	45%	28%	44%	50%	52%	54%	*	28%	39%	55%
Yes, once	11%	11%	10%	14%	10%	9%	9%	11%	*	13%	12%	7%
No	39%	39%	39%	45%	40%	35%	36%	29%	*	52%	43%	31%
Not sure	5%	6%	5%	10%	4%	4%	3%	6%	*	4%	5%	6%
Prefer not to say	1%	1%	1%	2%	1%	1%	0%	1%	*	3%	1%	1%
Totals	100%	100%	100%	99%	99%	99%	100%	101%	*	100%	100%	100%
Unweighted N	(551)	(268)	(283)	(143)	(141)	(165)	(102)	(341)	(77)	(105)	(369)	(182)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	44%	56%	47%	42%	47%	50%	38%	48%	43%	34%	53%	61%
Yes, once	11%	12%	11%	11%	11%	16%	6%	12%	16%	13%	8%	6%
No	39%	26%	36%	41%	36%	29%	48%	34%	36%	49%	26%	29%
Not sure	5%	4%	6%	6%	5%	5%	6%	5%	4%	2%	12%	4%
Prefer not to say	1%	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%	0%
Totals	100%	99%	100%	101%	100%	101%	99%	100%	100%	99%	100%	100%
Unweighted N	(551)	(225)	(175)	(190)	(327)	(177)	(207)	(167)	(123)	(208)	(156)	(136)

42C. Dream Subjects Ever Experienced — A house you've lived in

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	42%	39%	45%	39%	50%	38%	40%	45%	*	*	40%	46%
Yes, once	14%	14%	15%	18%	14%	18%	7%	13%	*	*	13%	16%
No	32%	32%	33%	21%	27%	36%	39%	33%	*	*	34%	29%
Not sure	11%	14%	7%	19%	7%	7%	14%	9%	*	*	11%	10%
Prefer not to say	1%	1%	1%	2%	1%	0%	0%	0%	*	*	1%	0%
Totals	100%	100%	101%	99%	99%	99%	100%	100%	*	*	99%	101%
Unweighted N	(557)	(272)	(285)	(124)	(148)	(172)	(113)	(366)	(77)	(85)	(356)	(201)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	42%	48%	41%	44%	44%	39%	41%	46%	51%	40%	52%	45%
Yes, once	14%	14%	17%	14%	15%	15%	11%	19%	15%	12%	16%	15%
No	32%	29%	32%	34%	28%	34%	34%	28%	28%	38%	25%	30%
Not sure	11%	10%	10%	8%	11%	12%	13%	6%	6%	10%	7%	10%
Prefer not to say	1%	0%	0%	0%	1%	0%	1%	0%	0%	1%	0%	0%
Totals	100%	101%	100%	100%	99%	100%	100%	99%	100%	101%	100%	100%
Unweighted N	(557)	(233)	(173)	(185)	(330)	(184)	(208)	(165)	(122)	(214)	(157)	(127)

42D. Dream Subjects Ever Experienced — Being chased by someone or something

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	42%	39%	45%	42%	40%	47%	*	44%	*	38%	38%	48%
Yes, once	14%	19%	9%	25%	13%	9%	*	13%	*	19%	14%	14%
No	35%	33%	37%	22%	39%	37%	*	32%	*	34%	38%	28%
Not sure	8%	9%	7%	4%	8%	5%	*	8%	*	8%	7%	9%
Prefer not to say	1%	1%	2%	7%	0%	1%	*	2%	*	1%	2%	1%
Totals	100%	101%	100%	100%	100%	99%	*	99%	*	100%	99%	100%
Unweighted N	(540)	(263)	(277)	(145)	(150)	(146)	(99)	(334)	(71)	(108)	(347)	(193)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	42%	49%	36%	32%	52%	51%	39%	37%	32%	36%	51%	46%
Yes, once	14%	18%	16%	17%	13%	22%	10%	13%	19%	10%	15%	18%
No	35%	24%	39%	39%	26%	21%	41%	37%	37%	47%	27%	29%
Not sure	8%	8%	10%	9%	8%	6%	7%	12%	12%	6%	8%	7%
Prefer not to say	1%	1%	0%	2%	0%	0%	3%	0%	0%	1%	0%	0%
Totals	100%	100%	101%	99%	99%	100%	100%	99%	100%	100%	101%	100%
Unweighted N	(540)	(232)	(170)	(187)	(317)	(174)	(212)	(154)	(117)	(191)	(162)	(124)

42E. Dream Subjects Ever Experienced — Memories from childhood

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	41%	41%	41%	41%	39%	47%	37%	44%	*	*	36%	51%
Yes, once	12%	13%	12%	10%	16%	12%	12%	12%	*	*	12%	13%
No	32%	30%	35%	35%	31%	32%	31%	30%	*	*	35%	27%
Not sure	12%	15%	10%	11%	12%	9%	19%	13%	*	*	15%	9%
Prefer not to say	1%	1%	2%	2%	2%	1%	0%	0%	*	*	2%	1%
Totals	98%	100%	100%	99%	100%	101%	99%	99%	*	*	100%	101%
Unweighted N	(543)	(244)	(299)	(138)	(147)	(157)	(101)	(345)	(70)	(96)	(355)	(188)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	41%	47%	46%	41%	43%	43%	37%	46%	49%	37%	46%	54%
Yes, once	12%	12%	13%	10%	14%	9%	9%	20%	10%	11%	17%	10%
No	32%	27%	26%	37%	30%	30%	40%	23%	24%	37%	25%	25%
Not sure	12%	12%	14%	11%	12%	16%	11%	10%	16%	14%	9%	10%
Prefer not to say	1%	1%	1%	1%	2%	1%	2%	1%	0%	0%	3%	0%
Totals	98%	99%	100%	100%	101%	99%	99%	100%	99%	99%	100%	99%
Unweighted N	(543)	(222)	(173)	(187)	(320)	(175)	(207)	(161)	(121)	(205)	(156)	(117)

42F. Dream Subjects Ever Experienced — A sexual experience

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	41%	46%	36%	36%	43%	45%	36%	44%	*	*	39%	43%
Yes, once	16%	19%	14%	14%	24%	16%	12%	14%	*	*	16%	18%
No	31%	27%	34%	35%	24%	29%	36%	32%	*	*	32%	29%
Not sure	9%	6%	12%	6%	7%	8%	14%	7%	*	*	9%	8%
Prefer not to say	3%	2%	4%	9%	3%	2%	2%	3%	*	*	4%	2%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	*	*	100%	100%
Unweighted N	(567)	(263)	(304)	(146)	(139)	(164)	(118)	(363)	(74)	(99)	(353)	(214)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	41%	47%	35%	34%	48%	49%	42%	31%	36%	41%	46%	40%
Yes, once	16%	15%	25%	25%	13%	14%	11%	27%	21%	16%	14%	25%
No	31%	25%	28%	27%	28%	24%	34%	32%	29%	31%	28%	27%
Not sure	9%	11%	9%	10%	9%	11%	7%	9%	11%	10%	10%	7%
Prefer not to say	3%	1%	3%	4%	2%	1%	6%	2%	3%	3%	1%	2%
Totals	100%	99%	100%	100%	100%	99%	100%	101%	100%	101%	99%	101%
Unweighted N	(567)	(254)	(178)	(197)	(339)	(195)	(210)	(162)	(126)	(203)	(163)	(136)

42G. Dream Subjects Ever Experienced — Deceased family members

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	41%	36%	46%	21%	37%	49%	50%	44%	*	28%	38%	46%
Yes, once	16%	13%	18%	14%	13%	17%	19%	16%	*	20%	17%	14%
No	35%	41%	28%	51%	43%	25%	26%	31%	*	43%	37%	31%
Not sure	7%	8%	5%	8%	5%	8%	5%	7%	*	7%	7%	7%
Prefer not to say	2%	2%	2%	6%	1%	1%	0%	2%	*	2%	2%	2%
Totals	101%	100%	99%	100%	99%	100%	100%	100%	*	100%	101%	100%
Unweighted N	(594)	(282)	(312)	(153)	(148)	(179)	(114)	(368)	(81)	(113)	(394)	(200)

	House vote intent		Trump job approval		Party ID			MAGA	Family income			
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	41%	44%	50%	43%	40%	43%	37%	44%	42%	40%	41%	47%
Yes, once	16%	17%	11%	12%	18%	17%	12%	20%	16%	16%	16%	14%
No	35%	30%	31%	36%	34%	29%	44%	28%	34%	39%	32%	31%
Not sure	7%	7%	8%	6%	7%	10%	5%	7%	6%	5%	9%	7%
Prefer not to say	2%	1%	1%	3%	1%	2%	2%	2%	2%	0%	2%	1%
Totals	101%	99%	101%	100%	100%	101%	100%	101%	100%	100%	100%	100%
Unweighted N	(594)	(255)	(175)	(203)	(363)	(189)	(238)	(167)	(129)	(227)	(177)	(128)

42H. Dream Subjects Ever Experienced — Driving a car

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	36%	38%	32%	42%	38%	36%	*	38%	*	33%	33%	41%
Yes, once	12%	13%	10%	13%	15%	9%	*	9%	*	12%	12%	11%
No	35%	30%	41%	17%	35%	40%	*	36%	*	33%	38%	30%
Not sure	16%	18%	14%	23%	12%	16%	*	16%	*	19%	15%	18%
Prefer not to say	1%	1%	2%	5%	0%	0%	*	1%	*	2%	2%	0%
Totals	100%	100%	99%	100%	100%	101%	*	100%	*	99%	100%	100%
Unweighted N	(536)	(274)	(262)	(147)	(148)	(143)	(98)	(331)	(75)	(100)	(348)	(188)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	36%	39%	32%	36%	39%	35%	35%	37%	39%	38%	35%	42%
Yes, once	12%	13%	18%	17%	9%	12%	8%	18%	18%	11%	13%	15%
No	35%	29%	37%	33%	33%	32%	40%	31%	34%	42%	36%	25%
Not sure	16%	18%	13%	11%	18%	21%	15%	14%	9%	8%	15%	17%
Prefer not to say	1%	1%	0%	3%	0%	1%	2%	0%	0%	0%	1%	0%
Totals	100%	100%	100%	100%	99%	101%	100%	100%	100%	99%	100%	99%
Unweighted N	(536)	(211)	(173)	(196)	(307)	(158)	(217)	(161)	(123)	(186)	(164)	(127)

42I. Dream Subjects Ever Experienced — Being attacked by someone or something

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	33%	32%	34%	39%	45%	31%	18%	36%	*	26%	35%	30%
Yes, once	16%	17%	16%	14%	15%	19%	16%	17%	*	15%	16%	17%
No	40%	42%	39%	38%	28%	41%	54%	37%	*	45%	39%	43%
Not sure	10%	8%	11%	8%	11%	8%	12%	10%	*	12%	9%	10%
Prefer not to say	1%	1%	1%	2%	2%	1%	0%	1%	*	1%	1%	1%
Totals	100%	100%	101%	101%	101%	100%	100%	101%	*	99%	100%	101%
Unweighted N	(564)	(276)	(288)	(148)	(151)	(159)	(106)	(355)	(67)	(105)	(361)	(203)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	33%	37%	33%	28%	38%	40%	29%	32%	36%	28%	43%	31%
Yes, once	16%	19%	14%	12%	18%	20%	15%	15%	12%	14%	21%	17%
No	40%	34%	44%	52%	33%	34%	40%	45%	47%	48%	25%	41%
Not sure	10%	10%	8%	8%	9%	6%	14%	7%	5%	8%	10%	11%
Prefer not to say	1%	0%	1%	1%	1%	0%	2%	1%	0%	2%	1%	0%
Totals	100%	100%	100%	101%	99%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(564)	(233)	(185)	(205)	(331)	(174)	(219)	(171)	(131)	(199)	(167)	(137)

42J. Dream Subjects Ever Experienced — Former relationships

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	29%	28%	31%	23%	35%	31%	27%	33%	*	29%	29%	30%
Yes, once	14%	14%	15%	10%	12%	17%	19%	14%	*	17%	15%	14%
No	46%	45%	47%	56%	46%	37%	46%	41%	*	44%	45%	48%
Not sure	8%	11%	6%	8%	4%	14%	6%	10%	*	4%	9%	7%
Prefer not to say	2%	1%	2%	2%	3%	0%	2%	1%	*	5%	2%	2%
Totals	99%	99%	101%	99%	100%	99%	100%	99%	*	99%	100%	101%
Unweighted N	(552)	(277)	(275)	(152)	(144)	(152)	(104)	(334)	(80)	(104)	(373)	(179)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	29%	36%	33%	30%	32%	39%	24%	27%	33%	28%	37%	29%
Yes, once	14%	17%	21%	19%	12%	18%	10%	17%	21%	14%	19%	10%
No	46%	40%	42%	44%	45%	33%	53%	49%	42%	50%	36%	52%
Not sure	8%	6%	4%	5%	10%	10%	10%	4%	3%	7%	5%	8%
Prefer not to say	2%	1%	1%	2%	1%	0%	2%	3%	1%	1%	3%	0%
Totals	99%	100%	101%	100%	100%	100%	99%	100%	100%	100%	100%	99%
Unweighted N	(552)	(229)	(174)	(184)	(334)	(184)	(211)	(157)	(126)	(200)	(156)	(129)

YouGov Survey: Sleep

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42K. Dream Subjects Ever Experienced — Being late to something

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	29%	29%	28%	25%	33%	28%	*	33%	*	*	23%	38%
Yes, once	16%	17%	16%	10%	18%	19%	*	17%	*	*	15%	20%
No	43%	43%	43%	51%	39%	42%	*	38%	*	*	49%	33%
Not sure	11%	10%	12%	12%	11%	10%	*	11%	*	*	13%	9%
Prefer not to say	1%	0%	1%	2%	0%	0%	*	0%	*	*	1%	0%
Totals	100%	99%	100%	100%	101%	99%	*	99%	*	*	101%	100%
Unweighted N	(582)	(265)	(317)	(131)	(185)	(167)	(99)	(369)	(90)	(92)	(369)	(213)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	29%	37%	30%	25%	33%	35%	30%	21%	29%	20%	33%	42%
Yes, once	16%	18%	20%	17%	16%	20%	11%	21%	18%	13%	20%	18%
No	43%	33%	41%	46%	40%	30%	50%	46%	43%	55%	33%	30%
Not sure	11%	12%	9%	12%	11%	14%	9%	12%	10%	12%	13%	9%
Prefer not to say	1%	1%	0%	0%	1%	1%	1%	0%	0%	0%	1%	0%
Totals	100%	101%	100%	100%	101%	100%	101%	100%	100%	100%	100%	99%
Unweighted N	(582)	(252)	(168)	(184)	(358)	(203)	(213)	(166)	(111)	(225)	(153)	(145)

42L. Dream Subjects Ever Experienced — Dying

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	24%	21%	27%	40%	30%	20%	5%	24%	*	*	29%	14%
Yes, once	8%	6%	10%	6%	14%	7%	5%	8%	*	*	6%	12%
No	54%	56%	51%	37%	48%	55%	78%	53%	*	*	54%	53%
Not sure	13%	15%	11%	14%	6%	17%	11%	14%	*	*	9%	19%
Prefer not to say	1%	2%	1%	3%	2%	1%	0%	1%	*	*	1%	1%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	*	*	99%	99%
Unweighted N	(581)	(274)	(307)	(154)	(167)	(159)	(101)	(371)	(76)	(97)	(380)	(201)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	24%	30%	15%	12%	30%	27%	25%	20%	15%	28%	25%	14%
Yes, once	8%	10%	10%	10%	8%	9%	5%	11%	10%	6%	7%	12%
No	54%	48%	64%	66%	47%	51%	52%	59%	63%	55%	54%	56%
Not sure	13%	10%	9%	10%	15%	12%	16%	9%	10%	10%	13%	18%
Prefer not to say	1%	1%	2%	2%	1%	1%	2%	2%	2%	1%	1%	0%
Totals	100%	99%	100%	100%	101%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(581)	(252)	(170)	(191)	(362)	(207)	(218)	(156)	(123)	(214)	(160)	(141)

42M. Dream Subjects Ever Experienced — Unexpectedly being naked or in your underwear

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	22%	29%	16%	19%	27%	15%	*	24%	*	*	19%	26%
Yes, once	9%	10%	9%	11%	8%	11%	*	10%	*	*	8%	11%
No	59%	51%	65%	54%	57%	63%	*	56%	*	*	62%	53%
Not sure	9%	9%	10%	14%	6%	10%	*	9%	*	*	9%	9%
Prefer not to say	1%	1%	1%	2%	2%	0%	*	1%	*	*	1%	2%
Totals	100%	100%	101%	100%	100%	99%	*	100%	*	*	99%	101%
Unweighted N	(535)	(257)	(278)	(136)	(144)	(161)	(94)	(343)	(72)	(90)	(346)	(189)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	22%	24%	19%	19%	24%	21%	26%	17%	21%	24%	20%	18%
Yes, once	9%	11%	11%	11%	9%	10%	9%	9%	13%	9%	5%	16%
No	59%	55%	57%	57%	59%	58%	56%	63%	53%	60%	64%	53%
Not sure	9%	8%	12%	11%	8%	9%	8%	10%	9%	7%	10%	13%
Prefer not to say	1%	1%	1%	2%	0%	2%	1%	1%	3%	0%	1%	1%
Totals	100%	99%	100%	100%	100%	100%	100%	100%	99%	100%	100%	101%
Unweighted N	(535)	(222)	(160)	(187)	(319)	(191)	(193)	(151)	(114)	(198)	(158)	(133)

42N. Dream Subjects Ever Experienced — Taking a test

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	21%	23%	19%	18%	31%	20%	15%	22%	*	*	14%	32%
Yes, once	10%	10%	10%	14%	11%	3%	13%	11%	*	*	9%	10%
No	53%	47%	59%	50%	49%	54%	60%	51%	*	*	60%	40%
Not sure	15%	19%	12%	17%	8%	22%	12%	16%	*	*	15%	15%
Prefer not to say	1%	1%	0%	2%	1%	1%	0%	1%	*	*	0%	2%
Totals	100%	100%	100%	101%	100%	100%	100%	101%	*	*	98%	99%
Unweighted N	(563)	(254)	(309)	(141)	(142)	(164)	(116)	(360)	(72)	(95)	(366)	(197)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	21%	24%	21%	18%	23%	21%	20%	22%	23%	18%	23%	28%
Yes, once	10%	15%	7%	8%	11%	17%	7%	7%	7%	6%	7%	13%
No	53%	46%	60%	63%	48%	45%	54%	60%	55%	62%	55%	41%
Not sure	15%	14%	10%	10%	17%	16%	18%	10%	13%	13%	14%	17%
Prefer not to say	1%	1%	1%	1%	0%	0%	1%	2%	2%	0%	1%	0%
Totals	100%	100%	99%	100%	99%	99%	100%	101%	100%	99%	100%	99%
Unweighted N	(563)	(235)	(164)	(181)	(342)	(181)	(222)	(160)	(109)	(204)	(165)	(130)

42O. Dream Subjects Ever Experienced — A natural disaster or fire

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	19%	19%	19%	19%	36%	15%	7%	21%	*	11%	17%	22%
Yes, once	11%	13%	10%	7%	19%	9%	10%	10%	*	16%	11%	12%
No	49%	45%	52%	35%	36%	54%	67%	47%	*	58%	52%	41%
Not sure	19%	21%	17%	34%	6%	22%	16%	21%	*	9%	17%	24%
Prefer not to say	2%	1%	2%	5%	3%	1%	0%	1%	*	6%	2%	1%
Totals	100%	99%	100%	100%	100%	101%	100%	100%	*	100%	99%	100%
Unweighted N	(584)	(277)	(307)	(141)	(154)	(173)	(116)	(379)	(72)	(102)	(398)	(186)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	19%	16%	14%	15%	22%	19%	24%	12%	14%	19%	18%	15%
Yes, once	11%	13%	16%	14%	10%	13%	9%	13%	15%	11%	15%	9%
No	49%	49%	55%	55%	43%	46%	44%	58%	59%	55%	48%	49%
Not sure	19%	21%	14%	13%	23%	22%	20%	17%	11%	14%	16%	27%
Prefer not to say	2%	0%	1%	3%	1%	0%	3%	2%	1%	1%	2%	0%
Totals	100%	99%	100%	100%	99%	100%	100%	102%	100%	100%	99%	100%
Unweighted N	(584)	(239)	(190)	(206)	(342)	(197)	(206)	(181)	(136)	(226)	(172)	(130)

42P. Dream Subjects Ever Experienced — Your teeth falling out or breaking

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	18%	21%	15%	11%	43%	14%	6%	17%	*	*	18%	19%
Yes, once	7%	4%	10%	14%	6%	6%	5%	6%	*	*	9%	5%
No	65%	63%	66%	58%	44%	72%	81%	67%	*	*	62%	70%
Not sure	9%	11%	8%	16%	7%	9%	7%	10%	*	*	11%	6%
Prefer not to say	0%	0%	0%	1%	0%	0%	0%	0%	*	*	0%	0%
Totals	99%	99%	99%	100%	100%	101%	99%	100%	*	*	100%	100%
Unweighted N	(608)	(285)	(323)	(148)	(149)	(177)	(134)	(392)	(77)	(99)	(399)	(209)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	18%	17%	16%	15%	21%	15%	22%	15%	16%	21%	17%	18%
Yes, once	7%	9%	7%	5%	9%	11%	4%	10%	5%	6%	9%	7%
No	65%	66%	70%	72%	60%	64%	61%	70%	72%	65%	63%	67%
Not sure	9%	7%	7%	9%	9%	9%	12%	6%	6%	7%	10%	8%
Prefer not to say	0%	0%	0%	0%	0%	1%	0%	0%	0%	0%	1%	0%
Totals	99%	99%	100%	101%	99%	100%	99%	101%	99%	99%	100%	100%
Unweighted N	(608)	(256)	(192)	(209)	(360)	(202)	(224)	(182)	(133)	(222)	(174)	(145)

42Q. Dream Subjects Ever Experienced — Giving a speech or presentation

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	11%	11%	11%	15%	14%	8%	*	11%	*	*	9%	14%
Yes, once	11%	13%	10%	11%	12%	14%	*	10%	*	*	9%	17%
No	64%	62%	67%	54%	58%	67%	*	65%	*	*	69%	55%
Not sure	12%	12%	13%	14%	15%	11%	*	13%	*	*	12%	14%
Prefer not to say	1%	2%	0%	5%	0%	0%	*	1%	*	*	1%	1%
Totals	99%	100%	101%	99%	99%	100%	*	100%	*	*	100%	101%
Unweighted N	(549)	(267)	(282)	(148)	(144)	(162)	(95)	(359)	(76)	(85)	(368)	(181)

	Total	House vote intent		Trump job approval		Party ID			MAGA	Family income		
		Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	11%	12%	13%	14%	10%	11%	10%	12%	14%	9%	13%	16%
Yes, once	11%	15%	11%	12%	12%	18%	7%	9%	10%	9%	7%	25%
No	64%	57%	66%	63%	62%	53%	71%	68%	64%	73%	63%	47%
Not sure	12%	15%	9%	10%	15%	18%	10%	10%	11%	8%	16%	13%
Prefer not to say	1%	1%	1%	1%	0%	1%	1%	1%	1%	1%	1%	0%
Totals	99%	100%	100%	100%	99%	101%	99%	100%	100%	100%	100%	101%
Unweighted N	(549)	(240)	(175)	(187)	(330)	(196)	(194)	(159)	(110)	(208)	(153)	(124)

42R. Dream Subjects Ever Experienced — Speaking a foreign language

Have you ever had a dream about the following that you can remember?

Respondents were asked about a random sample of 9 of the 18 items.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes, multiple times	7%	7%	6%	7%	7%	8%	4%	4%	*	14%	5%	10%
Yes, once	4%	6%	2%	2%	8%	2%	6%	4%	*	6%	5%	3%
No	80%	77%	83%	81%	67%	81%	87%	84%	*	65%	82%	75%
Not sure	8%	8%	8%	6%	18%	8%	3%	6%	*	12%	7%	10%
Prefer not to say	1%	2%	1%	4%	0%	1%	0%	1%	*	2%	1%	1%
Totals	100%	100%	100%	100%	100%	100%	100%	99%	*	99%	100%	99%
Unweighted N	(549)	(270)	(279)	(130)	(145)	(155)	(119)	(330)	(80)	(105)	(367)	(182)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes, multiple times	7%	7%	8%	8%	5%	6%	7%	7%	8%	6%	7%	9%
Yes, once	4%	7%	5%	5%	4%	6%	3%	4%	7%	6%	0%	7%
No	80%	77%	75%	78%	82%	79%	80%	80%	74%	83%	81%	75%
Not sure	8%	8%	11%	8%	8%	8%	9%	7%	11%	4%	11%	9%
Prefer not to say	1%	1%	1%	1%	1%	1%	2%	1%	0%	1%	1%	0%
Totals	100%	100%	100%	100%	100%	100%	101%	99%	100%	100%	100%	100%
Unweighted N	(549)	(224)	(183)	(193)	(329)	(181)	(206)	(162)	(129)	(218)	(164)	(118)

43. Whether Has Had a Recurring Dream

When you're sleeping, have you ever had a dream that's recurred at various points throughout your life?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	57%	52%	61%	63%	57%	57%	49%	58%	57%	44%	55%	61%
No	26%	26%	25%	22%	25%	27%	29%	25%	28%	41%	26%	26%
Not sure	17%	22%	13%	15%	18%	16%	22%	17%	15%	15%	20%	13%
Totals	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	101%	100%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

	House vote intent			Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Yes	57%	61%	58%	58%	57%	57%	59%	52%	55%	54%	56%	63%
No	26%	27%	27%	29%	25%	27%	21%	32%	31%	24%	30%	27%
Not sure	17%	13%	15%	13%	19%	16%	20%	16%	13%	22%	13%	11%
Totals	100%	101%	100%	100%	101%	100%	100%	100%	99%	100%	99%	101%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

44. Areas of Life Affected by Poor Sleep in the Past Year

In the past year, has poor sleep affected any of the following in your life? Select all that apply.

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Your mood	46%	41%	51%	39%	54%	48%	41%	48%	39%	54%	49%	40%
Your memory or concentration	31%	26%	37%	26%	34%	38%	23%	33%	29%	30%	31%	32%
Your mental health	29%	26%	31%	33%	36%	30%	15%	30%	25%	29%	30%	27%
Your physical health	27%	23%	31%	31%	26%	29%	20%	29%	19%	30%	27%	26%
Your performance at work or school	18%	18%	18%	21%	24%	18%	7%	18%	16%	17%	17%	19%
Your weight	17%	12%	21%	14%	16%	20%	14%	15%	18%	20%	17%	16%
Your social life	11%	8%	14%	11%	14%	13%	5%	11%	12%	14%	10%	14%
Your relationships	10%	9%	11%	9%	13%	12%	5%	9%	11%	12%	10%	10%
Your driving	7%	6%	8%	8%	9%	7%	6%	8%	3%	6%	7%	8%
None of these	31%	38%	25%	34%	26%	30%	35%	29%	36%	21%	29%	34%
Not sure	9%	10%	8%	9%	11%	6%	12%	10%	8%	10%	10%	7%
Unweighted N	(1,126)	(538)	(588)	(286)	(301)	(323)	(216)	(712)	(151)	(198)	(736)	(390)

		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Your mood	46%	50%	50%	45%	48%	50%	44%	45%	46%	45%	53%	45%
Your memory or concentration	31%	36%	30%	27%	36%	34%	33%	26%	29%	31%	37%	31%
Your mental health	29%	38%	25%	23%	33%	35%	28%	24%	23%	30%	27%	29%
Your physical health	27%	29%	26%	23%	29%	26%	28%	26%	24%	30%	25%	25%
Your performance at work or school	18%	21%	16%	15%	20%	21%	17%	15%	13%	14%	19%	25%
Your weight	17%	18%	15%	15%	18%	16%	19%	14%	11%	17%	18%	16%

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		House vote intent		Trump job approval		Party ID			MAGA	Family income		
	Total	Dem	Rep	Approve	Disapprove	Dem	Ind	Rep	Supporter	< \$50K	\$50-100K	\$100K+
Your social life	11%	11%	14%	11%	10%	12%	12%	10%	11%	12%	13%	10%
Your relationships	10%	12%	10%	9%	11%	11%	12%	7%	5%	9%	11%	11%
Your driving	7%	8%	9%	7%	8%	9%	6%	7%	6%	6%	10%	10%
None of these	31%	27%	34%	38%	27%	28%	31%	34%	39%	29%	28%	37%
Not sure	9%	6%	5%	8%	9%	9%	11%	6%	6%	11%	7%	5%
Unweighted N	(1,126)	(471)	(353)	(388)	(671)	(372)	(424)	(330)	(247)	(418)	(326)	(262)

YouGov Survey: Sleep

August 27 - 30, 2026 - 1,126 U.S. adult citizens



Interviewing Dates	August 27 - 30, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 19.373, with a mean of one and a standard deviation of 1.31.
Number of respondents	1,126
Margin of error	± 4.8 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	63 questions not reported.