

**Generation**

**7/23 - how often do you experience sunday scaries**

	US adults	Gen Z (2000 and later)	Millennial (1982-1999)	Gen X (1965-1981)	Baby Boomer (1946-1964)	Silent Generation (1928-1945)	Pre-Silent Generation (1927 and earlier)
Every week	14%	20%	19%	14%	7%	2%	0%
Most weeks	15%	19%	19%	14%	8%	2%	0%
About once a month	9%	14%	13%	7%	4%	2%	0%
A few times a year	11%	11%	12%	11%	9%	4%	0%
Once a year	2%	4%	2%	1%	1%	0%	0%
Less often than once a year	6%	3%	6%	7%	8%	5%	0%
Never	35%	14%	18%	38%	58%	83%	100%
Don't know	8%	14%	10%	7%	5%	2%	0%
Unweighted N	21890	459	6098	7217	7411	702	3

Weight  
Filters

Weight: Residents of the USA aged 18+  
sunday\_scaries\_excludeNA

## 7/23 - how often do you experience sunday scaries

*How often, if ever, do you experience the "Sunday scaries" (feelings of anxiety that typically occur the day/night before you return to work or school for the week)?*

<u>How often do you experience sundar</u>	All
Every week	14%
Most weeks	15%
About once a month	9%
A few times a year	11%
Once a year	2%
Less often than once a year	6%
Never	35%
Don't know	8%
Unweighted N	21890

Weight  
Filters

Weight: Residents of the USA aged 18+  
sunday\_scaries\_excludeNA

<u>7/23 - how often do you experience sunday scaries</u>	I love it	I like it, but I don't love it	It's only okay, but it's not the worst	I hate it
Every week	13%	9%	12%	27%
Most weeks	14%	16%	16%	16%
About once a month	10%	11%	12%	6%
A few times a year	8%	12%	12%	12%
Once a year	1%	1%	2%	0%
Less often than once a year	6%	7%	7%	6%
Never	40%	37%	28%	26%
Don't know	7%	6%	11%	7%
Unweighted N	650	801	418	120

Weight Weight: Residents of the USA aged 18+  
Missing 18868  
Filters sunday\_scaries\_excludeNA