

1. Get Enough

Do you feel like you get enough sleep:

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
All the time	7%	9%	4%	10%	5%	5%	7%	6%	13%	7%	3%
Most of the time	28%	30%	25%	27%	24%	22%	39%	30%	16%	32%	18%
Some of the time	31%	28%	33%	34%	30%	30%	29%	27%	40%	35%	37%
Not very much of the time	24%	25%	24%	21%	27%	29%	18%	25%	23%	20%	32%
Never	10%	8%	12%	7%	13%	12%	7%	12%	7%	6%	4%
Not sure	1%	1%	1%	1%	1%	1%	—	0%	1%	—	5%
Totals (Unweighted N)	100% (1,000)	100% (488)	100% (512)	100% (177)	100% (254)	100% (392)	100% (177)	100% (702)	100% (122)	100% (115)	100% (61)

	Party ID (3 category)			Family Income (3 category)				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
All the time	7%	9%	5%	5%	8%	6%	5%	4%	8%	10%	4%	6%
Most of the time	28%	23%	29%	32%	24%	32%	23%	36%	28%	25%	25%	35%
Some of the time	31%	37%	29%	24%	29%	29%	37%	35%	33%	31%	32%	25%
Not very much of the time	24%	22%	24%	28%	28%	20%	24%	21%	22%	24%	26%	25%
Never	10%	9%	12%	9%	11%	13%	10%	4%	9%	10%	12%	7%
Not sure	1%	1%	0%	1%	1%	—	1%	1%	—	1%	0%	2%
Totals (Unweighted N)	100% (1,000)	100% (373)	100% (395)	100% (232)	100% (484)	100% (265)	100% (110)	100% (141)	100% (225)	100% (226)	100% (347)	100% (202)

2. Biggest Reason

Which of the following is the BIGGEST reason why you sometimes don't get enough sleep?

Asked of those who say they get enough sleep most of the time/some of the time/not very much of the time/never

	Gender		Age (4 category)				Race (4 category)				
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
I'm too busy with work	9%	11%	8%	18%	9%	8%	4%	8%	14%	9%	20%
I'm too busy with childcare or family	7%	3%	11%	11%	14%	3%	3%	7%	3%	13%	5%
I'm stressed out or worried	26%	24%	27%	27%	30%	28%	19%	25%	25%	30%	29%
I'm dealing with physical pain or discomfort	19%	15%	21%	7%	13%	22%	28%	22%	12%	7%	14%
I just don't feel like going to bed	16%	21%	12%	22%	15%	17%	11%	13%	23%	30%	17%
None of the above	12%	16%	9%	10%	7%	14%	16%	13%	9%	10%	10%
Not sure	11%	11%	11%	5%	13%	7%	18%	12%	14%	3%	4%
Totals (Unweighted N)	100% (930)	100% (445)	100% (485)	100% (159)	100% (234)	100% (372)	100% (165)	100% (659)	100% (104)	100% (109)	100% (58)

	Party ID (3 category)			Family Income (3 category)				Census Region				
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
I'm too busy with work	9%	9%	10%	8%	9%	9%	17%	5%	9%	11%	9%	9%
I'm too busy with childcare or family	7%	8%	7%	7%	5%	11%	6%	8%	6%	6%	8%	9%
I'm stressed out or worried	26%	27%	22%	29%	24%	27%	27%	29%	29%	29%	24%	23%
I'm dealing with physical pain or discomfort	19%	18%	17%	21%	22%	15%	8%	19%	16%	21%	21%	13%
I just don't feel like going to bed	16%	18%	16%	14%	18%	14%	21%	12%	11%	15%	15%	23%
None of the above	12%	10%	14%	12%	12%	11%	13%	15%	15%	11%	13%	10%
Not sure	11%	8%	13%	10%	10%	12%	8%	12%	13%	8%	10%	13%
Totals (Unweighted N)	100% (930)	100% (338)	100% (370)	100% (222)	100% (444)	100% (249)	100% (104)	100% (133)	100% (211)	100% (204)	100% (326)	100% (189)

3. Sleep Routine

Which of these things, if any, do you regularly do in the 30 minutes before going to bed? Select all that apply.

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Exercise	4%	4%	4%	6%	7%	2%	1%	2%	10%	10%	—
Eat a full meal	4%	5%	3%	9%	5%	3%	0%	3%	7%	8%	5%
Eat a snack	20%	24%	17%	24%	21%	20%	16%	18%	36%	15%	18%
Do work	7%	7%	7%	15%	7%	7%	1%	7%	9%	3%	7%
Read	31%	28%	35%	29%	30%	31%	35%	35%	20%	24%	27%
Watch TV	67%	68%	65%	54%	66%	72%	71%	67%	73%	74%	41%
Use a smartphone or tablet	38%	35%	41%	58%	51%	35%	12%	35%	43%	40%	62%
Use the computer	42%	47%	37%	47%	39%	45%	35%	43%	45%	34%	41%
None of the above	2%	2%	2%	1%	1%	1%	4%	2%	1%	1%	3%
Not sure	1%	1%	1%	1%	2%	1%	1%	1%	2%	2%	1%
Totals	(1,000)	(488)	(512)	(177)	(254)	(392)	(177)	(702)	(122)	(115)	(61)

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Exercise	4%	7%	3%	2%	4%	3%	3%	5%	4%	2%	4%	6%
Eat a full meal	4%	5%	3%	5%	6%	1%	6%	4%	5%	4%	4%	6%
Eat a snack	20%	23%	17%	21%	24%	19%	17%	13%	16%	22%	21%	21%
Do work	7%	9%	5%	8%	4%	7%	21%	9%	6%	8%	8%	5%
Read	31%	32%	31%	31%	25%	40%	43%	31%	25%	30%	33%	36%
Watch TV	67%	72%	61%	70%	69%	67%	59%	64%	65%	69%	68%	63%
Use a smartphone or tablet	38%	40%	36%	40%	36%	42%	54%	30%	29%	35%	38%	50%
Use the computer	42%	45%	42%	38%	42%	42%	43%	41%	40%	46%	37%	47%
None of the above	2%	2%	3%	1%	1%	5%	1%	1%	3%	2%	2%	0%
Not sure	1%	1%	1%	0%	1%	—	—	4%	2%	1%	2%	0%
Totals	(1,000)	(373)	(395)	(232)	(484)	(265)	(110)	(141)	(225)	(226)	(347)	(202)

4. Tired Decision

Have you ever made a bad decision about something because you were tired?

	Gender			Age (4 category)				Race (4 category)			
	Total	Male	Female	Under 30	30-44	45-64	65+	White	Black	Hispanic	Other
Yes	48%	50%	46%	64%	51%	45%	36%	46%	54%	45%	66%
No	26%	24%	28%	17%	27%	29%	30%	27%	27%	28%	17%
Not sure	26%	26%	26%	19%	22%	26%	34%	27%	20%	27%	17%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(998)	(486)	(512)	(175)	(254)	(392)	(177)	(701)	(122)	(114)	(61)

	Party ID (3 category)				Family Income (3 category)				Census Region			
	Total	Democrat	Independent	Republican	Under \$50K	\$50-100K	\$100K or more	Prefer not to say	Northeast	Midwest	South	West
Yes	48%	50%	46%	48%	49%	46%	55%	41%	41%	51%	49%	48%
No	26%	25%	26%	30%	27%	26%	17%	33%	32%	23%	26%	27%
Not sure	26%	25%	28%	23%	24%	28%	27%	26%	27%	26%	25%	25%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(998)	(371)	(395)	(232)	(483)	(264)	(110)	(141)	(224)	(226)	(347)	(201)

Interviewing Dates	March 25 - 28, 2016
Target population	U.S. citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, voter registration, political ideology, party identification, geographic region, and voter registration) was selected from the 2014 American Community Study. Voter registration and party identification were imputed from the November 2014 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted using propensity scores based on gender, age, race, education, political ideology, geographic region and voter registration. The weights range from 0.05 to 6.806, with a mean of one and a standard deviation of 0.805.
Number of respondents	1000
Margin of error	± 4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	20 questions not reported.