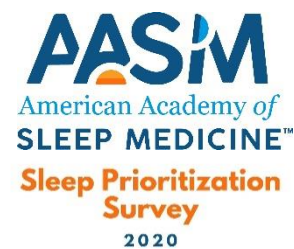


# AASM Sleep Prioritization Survey Elimination of Seasonal Time Changes



## Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. The margin of error for the sample fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place between July 17-20, 2020. Atomik Research is an independent market research agency.

## Question

Observing daylight saving time requires “changing the clocks” twice per year. Would you support the elimination of seasonal time changes in favor of a national, fixed, year-round time?

## Results

- 63% of Americans say that they support the elimination of seasonal time changes (e.g. daylight saving time) in favor of a national, fixed, year-round time.
  - This includes 38% that “strongly support” and 26% that “somewhat support” eliminating seasonal time changes.

### Overall Results

Total	2,007
Strongly support	757 (38%)
Somewhat support	516 (26%)
Neutral	511 (25%)
Somewhat oppose	103 (5%)
Strongly oppose	120 (6%)

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### General Population (Non-Parents) vs. Parents

Total	No Children / Gen. Pop	Parents
2,007	1,002	1,005
Support (NET)	531 (53%)	742 (74%)
Strongly support	311 (31%)	446 (44%)
Somewhat support	220 (22%)	296 (29%)
Neutral	316 (32%)	195 (19%)
Somewhat oppose	67 (7%)	36 (4%)
Strongly oppose	88 (9%)	32 (3%)
Oppose (NET)	155 (15%)	68 (7%)

Nearly three in four parents with children between the ages of five and 18 (74%) support of the idea of eliminating seasonal time changes in favor of a national, fixed, year-round time.

### Results by Gender

Total	Male	Female
2,007	1,099	908
Support (NET)	759 (69%)	514 (57%)
Strongly support	475 (43%)	282 (31%)
Somewhat support	284 (26%)	232 (26%)
Neutral	230 (21%)	281 (31%)
Somewhat oppose	48 (4%)	55 (6%)
Strongly oppose	62 (6%)	58 (6%)
Oppose (NET)	110 (10%)	113 (12%)

Nearly seven in 10 males (69%) and six in 10 females (57%) support eliminating seasonal time changes in favor of a national, fixed, year-round time.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	560	421	617	226	128	55
Support (NET)	284 (51%)	274 (65%)	451 (73%)	157 (69%)	77 (60%)	30 (55%)
Strongly support	127 (23%)	163 (39%)	289 (47%)	101 (45%)	52 (41%)	25 (45%)
Somewhat support	157 (28%)	111 (26%)	162 (26%)	56 (25%)	25 (20%)	5 (9%)
Neutral	195 (35%)	100 (24%)	124 (20%)	47 (21%)	28 (22%)	17 (31%)
Somewhat oppose	38 (7%)	26 (6%)	22 (4%)	7 (3%)	8 (6%)	2 (4%)
Strongly oppose	43 (8%)	21 (5%)	20 (3%)	15 (7%)	15 (12%)	6 (11%)
Oppose (NET)	81 (14%)	47 (11%)	42 (7%)	22 (10%)	23 (18%)	8 (15%)

Support of the elimination of seasonal time changes in favor of a national, fixed, year-round time is lowest among younger Americans between the ages of 18 and 24 (51%).

### Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	450	754	620	178	5
Support (NET)	225 (50%)	489 (65%)	452 (73%)	105 (59%)	2 (40%)
Strongly support	99 (22%)	284 (38%)	297 (48%)	75 (42%)	2 (40%)
Somewhat support	126 (28%)	205 (27%)	155 (25%)	30 (17%)	0 (0%)
Neutral	159 (35%)	187 (25%)	120 (19%)	43 (24%)	2 (40%)
Somewhat oppose	28 (6%)	45 (6%)	20 (3%)	10 (6%)	0 (0%)
Strongly oppose	38 (8%)	33 (4%)	28 (5%)	20 (11%)	1 (20%)
Oppose (NET)	66 (15%)	78 (10%)	48 (8%)	30 (17%)	1 (20%)

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	566	422	710	309
Support (NET)	370 (65%)	261 (62%)	446 (63%)	196 (63%)
Strongly support	202 (36%)	149 (35%)	282 (40%)	124 (40%)
Somewhat support	168 (30%)	112 (27%)	164 (23%)	72 (23%)
Neutral	144 (25%)	112 (27%)	180 (25%)	75 (24%)
Somewhat oppose	20 (4%)	26 (6%)	45 (6%)	12 (4%)
Strongly oppose	32 (6%)	23 (5%)	39 (5%)	26 (8%)
Oppose (NET)	52 (9%)	49 (12%)	84 (12%)	38 (12%)

### About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine (AASM) is advancing sleep care and enhancing sleep health to improve lives. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals (<https://aasm.org/>).