

Sleep in America® Poll 2019

Sleep Health & Scheduling

The latest National Sleep Foundation's *Sleep in America*® poll finds that good sleep health is strongly related to sticking to a regular sleep schedule.

The poll indicates that Americans frequently depart from their usual bedtimes and wake-up times, and as things stand, less than half the public wakes up feeling extremely or very well-rested. Fifty-eight percent of Americans went to bed at least half an hour earlier or later than usual on at least one workday/weekday in the previous seven days. About half of Americans also reported waking up at least thirty minutes earlier or later on weekdays and weekends/non-workdays.

Maintaining a consistent sleep schedule and feeling well-rested are related; those with the most regular and consistent weekday sleep schedules are about 1.5 times more likely to report feeling well-rested than their most variable sleep schedule-having counterparts. Fifty-two to 56 percent of Americans reporting the most regular sleep schedules wake up feeling well-rested on weekdays. In comparison, only 34 to 38% of those with the most varied sleep times report the same.

SLEEP VARIABILITY, SLEEP HEALTH, AND FEELING EXTREMELY/VERY WELL-RESTED			
	Average SHI Score	Well-rested, weekdays (%)	Well-rested, weekends (%)
All	77	47	54
Weekday bedtime			
Did not deviate	80	56	63
30 minutes to 1 hour	76	42	50
More than an hour	74	38	44
Weekday wake time			
Did not deviate	81	54	60
30 minutes to 1 hour	74	41	48
More than an hour	70	35	50
Weekend bedtime			
Did not deviate	80	52	61
30 minutes to 1 hour	76	45	50
More than an hour	70	34	40
Weekend wake time			
Did not deviate	80	54	60
30 minutes to 1 hour	75	42	48
More than an hour	70	37	46