

1. Average Amount of Sleep

How much sleep do you generally get each night?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
6 hours or less	38%	38%	38%	33%	42%	42%	30%	34%	41%	35%
7 or 8 hours	54%	53%	54%	54%	51%	52%	62%	58%	49%	57%
9 hours or more	6%	6%	6%	9%	3%	6%	8%	6%	6%	7%
Not sure	2%	2%	2%	4%	4%	1%	—	2%	3%	1%
Totals (Unweighted N)	100% (996)	100% (475)	100% (521)	100% (159)	100% (268)	100% (391)	100% (178)	100% (335)	100% (416)	100% (245)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
6 hours or less	38%	36%	49%	38%	42%	38%	30%	40%	37%	40%	33%
7 or 8 hours	54%	55%	45%	54%	48%	56%	65%	52%	53%	53%	56%
9 hours or more	6%	7%	5%	4%	7%	5%	4%	5%	8%	5%	8%
Not sure	2%	2%	2%	4%	3%	1%	1%	3%	2%	2%	3%
Totals (Unweighted N)	100% (996)	100% (754)	100% (107)	100% (135)	100% (364)	100% (285)	100% (206)	100% (167)	100% (227)	100% (363)	100% (239)

2. Bad Nights of Sleep

How many days a week do you wake up still feeling tired and poorly rested?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
0	15%	18%	13%	12%	7%	18%	28%	15%	15%	17%
1	11%	11%	10%	5%	14%	12%	13%	13%	9%	12%
2	15%	18%	13%	16%	17%	15%	13%	15%	16%	14%
3	14%	12%	15%	16%	13%	13%	14%	12%	12%	20%
4	9%	7%	11%	10%	11%	8%	7%	10%	9%	9%
5	10%	9%	11%	14%	10%	9%	8%	13%	9%	9%
6	5%	4%	6%	4%	5%	7%	1%	7%	5%	2%
7	14%	11%	16%	11%	16%	15%	11%	13%	14%	13%
Not sure	7%	9%	6%	13%	8%	4%	6%	3%	11%	4%
Totals (Unweighted N)	100% (999)	100% (476)	100% (523)	100% (159)	100% (269)	100% (393)	100% (178)	100% (338)	100% (416)	100% (245)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
0	15%	17%	16%	6%	14%	15%	19%	14%	17%	15%	16%
1	11%	11%	8%	10%	9%	12%	15%	11%	13%	10%	10%
2	15%	16%	12%	15%	15%	14%	18%	13%	18%	13%	18%
3	14%	15%	12%	8%	12%	19%	16%	14%	13%	13%	16%
4	9%	8%	9%	14%	11%	9%	7%	9%	11%	9%	8%
5	10%	10%	16%	9%	7%	13%	10%	9%	9%	12%	8%
6	5%	4%	1%	9%	6%	4%	4%	8%	5%	4%	3%
7	14%	12%	15%	19%	19%	11%	6%	16%	9%	17%	10%
Not sure	7%	6%	10%	11%	7%	4%	5%	6%	6%	6%	11%
Totals (Unweighted N)	100% (999)	100% (756)	100% (107)	100% (136)	100% (364)	100% (287)	100% (207)	100% (169)	100% (227)	100% (363)	100% (240)

3. Enjoy Sleeping

How much, if at all, do you enjoy sleeping?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
A lot	61%	55%	67%	67%	57%	63%	56%	64%	59%	61%
A little	33%	37%	29%	21%	38%	34%	40%	32%	32%	36%
Not at all	2%	2%	2%	3%	2%	1%	2%	1%	2%	2%
Not sure	4%	5%	3%	9%	4%	2%	1%	2%	7%	1%
Totals (Unweighted N)	100% (999)	100% (476)	100% (523)	100% (160)	100% (269)	100% (393)	100% (177)	100% (337)	100% (417)	100% (245)

	Race			Family Income			Region				
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
A lot	61%	61%	64%	61%	59%	65%	65%	59%	62%	58%	66%
A little	33%	35%	26%	28%	36%	30%	32%	32%	35%	37%	27%
Not at all	2%	2%	2%	2%	2%	2%	1%	3%	1%	2%	2%
Not sure	4%	2%	7%	9%	3%	3%	2%	6%	2%	3%	6%
Totals (Unweighted N)	100% (999)	100% (756)	100% (107)	100% (136)	100% (364)	100% (287)	100% (207)	100% (169)	100% (227)	100% (364)	100% (239)

4. Nightmare Frequency

How often do you have nightmares?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Never	22%	21%	23%	19%	15%	24%	33%	21%	22%	25%
A few times a year	41%	43%	38%	31%	40%	46%	43%	43%	38%	43%
Once or twice a month	18%	15%	20%	23%	21%	14%	13%	19%	17%	18%
A few times a week	9%	8%	11%	11%	12%	7%	6%	8%	11%	9%
Every night	1%	1%	1%	—	2%	1%	1%	1%	1%	0%
Not sure	9%	12%	7%	16%	9%	7%	4%	9%	12%	4%
Totals (Unweighted N)	100% (999)	100% (475)	100% (524)	100% (159)	100% (269)	100% (393)	100% (178)	100% (337)	100% (417)	100% (245)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
Never	22%	23%	27%	15%	23%	20%	25%	26%	25%	19%	21%
A few times a year	41%	43%	38%	31%	35%	44%	47%	42%	39%	39%	43%
Once or twice a month	18%	18%	10%	25%	21%	16%	18%	10%	13%	23%	20%
A few times a week	9%	8%	12%	13%	10%	13%	5%	8%	13%	8%	9%
Every night	1%	1%	—	1%	1%	1%	0%	1%	—	1%	1%
Not sure	9%	7%	14%	14%	9%	5%	6%	12%	10%	9%	5%
Totals (Unweighted N)	100% (999)	100% (755)	100% (108)	100% (136)	100% (365)	100% (287)	100% (206)	100% (169)	100% (227)	100% (364)	100% (239)

5. Recurring Dreams

Do you have any recurring dreams?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	37%	34%	40%	45%	39%	34%	30%	35%	36%	43%
No	49%	50%	49%	42%	45%	50%	63%	52%	49%	48%
Not sure	13%	16%	11%	13%	15%	15%	7%	13%	16%	9%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(994)	(472)	(522)	(159)	(267)	(391)	(177)	(335)	(416)	(243)

	Race			Family Income			Region				
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
Yes	37%	39%	27%	36%	38%	40%	37%	44%	36%	37%	34%
No	49%	49%	53%	49%	46%	47%	58%	45%	50%	50%	51%
Not sure	13%	12%	20%	15%	16%	12%	6%	10%	14%	13%	15%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
(Unweighted N)	(994)	(752)	(107)	(135)	(364)	(285)	(205)	(167)	(226)	(364)	(237)

6. Type of Recurring Dream

Is the recurring dream a good dream or a bad dream?

Asked of those who have recurring dreams

	Total	Gender		Age				3 Point Party ID		
		Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Good dream	41%	48%	35%	41%	36%	42%	47%	45%	37%	44%
Bad dream	34%	27%	40%	36%	36%	34%	27%	31%	37%	32%
Not sure	25%	25%	25%	23%	28%	24%	26%	24%	26%	24%
Totals (Unweighted N)	100% (381)	100% (175)	100% (206)	100% (73)	100% (114)	100% (135)	100% (59)	100% (130)	100% (156)	100% (95)

	Total	Race			Family Income			Region			
		White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
Good dream	41%	38%	54%	47%	35%	45%	48%	58%	36%	37%	35%
Bad dream	34%	35%	21%	37%	40%	32%	30%	28%	37%	36%	34%
Not sure	25%	26%	24%	17%	25%	23%	21%	13%	26%	27%	31%
Totals (Unweighted N)	100% (381)	100% (297)	100% (38)	100% (46)	100% (143)	100% (116)	100% (81)	100% (70)	100% (86)	100% (138)	100% (87)

7. Dream Changed Life

Have you ever changed your life as a result of something you dreamed about?

	Gender			Age				3 Point Party ID		
	Total	Male	Female	18-29	30-44	45-64	65+	Democrat	Independent	Republican
Yes	17%	17%	17%	30%	17%	15%	7%	15%	22%	11%
No	73%	74%	72%	56%	72%	76%	89%	74%	69%	79%
Not sure	10%	8%	11%	14%	10%	9%	4%	11%	9%	10%
Totals (Unweighted N)	100% (996)	100% (473)	100% (523)	100% (159)	100% (267)	100% (392)	100% (178)	100% (336)	100% (416)	100% (244)

	Race				Family Income			Region			
	Total	White	Black	Hispanic	Under 40	40-80	80+	Northeast	Midwest	South	West
Yes	17%	16%	21%	21%	17%	20%	14%	17%	13%	23%	14%
No	73%	75%	58%	75%	75%	70%	76%	74%	76%	67%	79%
Not sure	10%	9%	21%	4%	8%	9%	11%	9%	11%	10%	7%
Totals (Unweighted N)	100% (996)	100% (754)	100% (106)	100% (136)	100% (363)	100% (287)	100% (205)	100% (167)	100% (226)	100% (364)	100% (239)