

Sample 1000 Adult Interviews
 Conducted September 10 - 14, 2015
 Margin of Error ±3.9%

1. What is your ideal hour to wake up every day?

12:00 am	1%
1:00 am	0%
2:00 am	0%
3:00 am	0%
4:00 am	2%
5:00 am	10%
6:00 am	20%
7:00 am	25%
8:00 am	17%
9:00 am	12%
10:00 am	8%
11:00 am	2%
12:00 pm	1%
1:00 pm	0%
2:00 pm	-
3:00 pm	0%
4:00 pm	0%
5:00 pm	0%
6:00 pm	0%
7:00 pm	1%
8:00 pm	0%
9:00 pm	0%
10:00 pm	0%
11:00 pm	-

2. What is your ideal hour to fall asleep every day?

12:00 am	11%
1:00 am	5%
2:00 am	5%
3:00 am	3%
4:00 am	1%
5:00 am	0%
6:00 am	0%
7:00 am	0%
8:00 am	0%
9:00 am	1%
10:00 am	3%
11:00 am	3%
12:00 pm	4%
1:00 pm	1%
2:00 pm	0%
3:00 pm	-
4:00 pm	-
5:00 pm	-
6:00 pm	0%
7:00 pm	1%
8:00 pm	2%
9:00 pm	5%
10:00 pm	24%
11:00 pm	30%

3. Are you more of a morning person or a night time person?

Morning	41%
Night	46%
Not sure	13%

4. Do you find it easy or difficult to wake up?

Very easy	28%
Somewhat easy	37%
Somewhat difficult	26%
Very difficult	8%
Not sure	2%

5. Do you find it easy or difficult to go to sleep?

Very easy	18%
Somewhat easy	34%
Somewhat difficult	30%
Very difficult	15%
Not sure	2%

6. How often, if ever, do you take a nap during the day?

All the time	5%
A lot of the time	11%
Occasionally	52%
Never	31%
Not sure	2%

7. How often, if ever, do you procrastinate?

All the time	9%
A lot of the time	22%
Occasionally	53%
Never	10%
Not sure	6%

Interviewing Dates	September 10 - 14, 2015
Target population	U.S. adults, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by age, gender, race, education, and region) was selected from the 2010 American Community Study. Voter registration was imputed from the November 2010 Current Population Survey Registration and Voting Supplement. Religion, minor party identification, and non-placement on an ideology scale, were imputed from the 2008 Pew Religion in American Life Survey.
Weighting	The sample was weighted using propensity scores based on age, gender, race, education, voter registration, and non-placement on an ideology scale. The weights range from 0.168 to 4.094, with a mean of one and a standard deviation of 0.76.
Number of respondents	1000
Margin of error	± 3.9% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	17 questions not reported.