

GALLUP NEWS SERVICE

GALLUP POLL SOCIAL SERIES: LIFESTYLE

-- FINAL TOPLINE --

Timberline: 937008
HR: 816
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Results are based on telephone interviews conducted December 5-8, 2013 with a random sample of **-1,031-** adults, aged 18+, living in all 50 U.S. states and the District of Columbia. For results based on this sample of national adults, the margin of sampling error is ± 4 percentage points at the 95% confidence level.

For results based on the sample of **--212--** parents of children under age 18, the margin of sampling error is ± 9 percentage points at the 95% confidence level.

Interviews are conducted with respondents on landline telephones and cellular phones, with interviews conducted in Spanish for respondents who are primarily Spanish-speaking. Each sample of national adults includes a minimum quota of 50% cell phone respondents and 50% landline respondents, with additional minimum quotas by region. Landline and cell phone telephone numbers are selected using random digit dial methods. Landline respondents are chosen at random within each household on the basis of which member had the most recent birthday.

Samples are weighted to correct for unequal selection probability, non-response, and double coverage of landline and cell users in the two sampling frames. They are also weighted to match the national demographics of gender, age, race, Hispanic ethnicity, education, region, population density, and phone status (cell phone-only/landline only/both and cell phone mostly). Demographic weighting targets are based on the March 2012 Current Population Survey figures for the aged 18 and older U.S. population. Phone status targets are based on the July-December 2011 National Health Interview Survey. Population density targets are based on the 2010 census. All reported margins of sampling error include the computed design effects for weighting.

In addition to sampling error, question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of public opinion polls.

14. Usually, how many hours sleep do you get at night?

	2013 <u>Dec 5-8</u>	2004 <u>Dec 5-8</u>	2001 <u>Dec 6-9</u>	1990 <u>Sep 14-16</u>	1942 <u>Jan 8-14</u>
Four hours or less	5	6	6	5	1
Five hours	9	8	10	9	2
Six hours	26	26	27	28	8
Seven hours	25	28	28	30	25
Eight hours	29	25	24	22	45
Nine hours	3	4	3	3	13
Ten hours or more	2	2	1	2	1
No answer	*	1	1	1	5
Mean	6.80	6.80	6.70	6.72	7.86
Median	7	7	7	7	8

15. Do you think the number of hours sleep you get at night is as much sleep as you need, or do you think you would feel better if you could get more sleep?

	<u>As much sleep as needed</u>	<u>Feel better with more sleep</u>	<u>No opinion</u>
2013 Dec 5-8	56	43	1
2004 Dec 5-8	55	44	1
2001 Dec 6-9	54	45	1
1996 Jul 25-28	61	38	1
1990 Sep 14-16	67	32	1