



Interviews with 1,023 adult Americans, including 954 registered voters, conducted by telephone by Opinion Research Corporation on February 12-15, 2010. The margin of sampling error for results based on the total sample is plus or minus 3 percentage points.

FOR RELEASE: TUESDAY, MARCH 9 AT 5 PM

(ASKED OF HALF SAMPLE. RESULTS BASED ON 522 INTERVIEWS IN VERSION A.
SAMPLING ERROR: +/- 4.5 PERCENTAGE POINTS.)

45. About how many hours do you sleep on an average weeknight?

Jan. 22-24
2010

2 hours or less	*
3 hours	2%
4 hours	2%
5 hours	12%
6 hours	25%
7 hours	25%
8 hours	31%
9 hours	2%
10 hours	1%
More than 10 hours	1%
No opinion	*

CNN/USA TODAY/GALLUP TRENDS

July 18-21
1996

2 hours or less	*
3 hours	1%
4 hours	2%
5 hours	8%
6 hours	28%
7 hours	27%
8 hours	24%
9 hours	4%
10 hours	2%
More than 10 hours	2%
Depends/varies	1%
No opinion	1%

46. Do you think that is as much sleep as you need, or do you think you would feel better if you could get more sleep?

Feb. 12-15
2010

Is as much as need	52%
Would feel better if more	47%
No opinion	1%

CNN/USA TODAY/GALLUP TRENDS

As much <u>as need</u>	Would feel <u>better if more</u>	No <u>opinion</u>
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96 July 18-21

61

38

2



(ASKED OF HALF SAMPLE. RESULTS BASED ON 501 INTERVIEWS IN VERSION B.
SAMPLING ERROR: +/- 4.5 PERCENTAGE POINTS.)

47. Some people have jobs which sometimes start late at night and require them to work while most other people are asleep. Which of the following statements best describes you:

	Feb. 12-15 <u>2010</u>
You currently have a job like that	10%
You had a job like that in the past, but not now	44%
You have never had a job like that	46%
No opinion	*

(ASKED OF HALF SAMPLE. RESULTS BASED ON 263 INTERVIEWS IN VERSION B WHO HAVE
EVER WORKED A NIGHT SHIFT. SAMPLING ERROR: +/- 6 PERCENTAGE POINTS.)

48. Do you generally like or dislike starting a job late at night and working while most other people are asleep?

	Feb. 12-15 <u>2010</u>
Like	45%
Dislike	54%
No opinion	2%