

# The use of alarm clock and snoozing behavior - a population study among Norwegian adults

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**Topic:** Sleep Health

**Text: Introduction:** Waking up to an alarm can feel unpleasant because of sleep inertia - the feeling of grogginess experienced when waking. Some people claim that snoozing the alarm clock makes the wake-up process easier. Use of alarm clock and snoozing behavior is to a little extent studied in terms of different characteristics such as sex, age, circadian preference, and sleep problems.

**Materials and Methods:** A representative sample of 1028 Norwegians (50.4% men), mean age 48.6 years (range 18-89), completed a web-based survey during spring 2022. Response rate was 33.5%. The survey included questions on use of alarm clock and snoozing behavior, circadian preference, and chronic insomnia (Bergen Insomnia Scale, BIS).

**Results:** Of the total sample, 66.9% (n=688) used an alarm clock on weekdays. There were differences in alarm clock use in relation to age (87.4% in adults 18-35 years vs. 15.5% in adults 66+ years,  $p < .001$ ) and circadian preference (76.5% of evening types vs. 60.3% of morning types,  $p < .001$ ). There were no differences in alarm clock use in relation to sex ( $p = .535$ ) or chronic sleep problems ( $p = .979$ ). Of those using alarm clock on weekdays, snoozing was reported by 54.6% (n=376). Amongst those who snoozed; 39.9% reported snoozing once, 25.0% snoozing twice, and 35.1% snoozing three times or more on weekdays. Snoozing was more prevalent among women (58.8%) compared to men (49.4%,  $p = .014$ ), and among the two younger age groups compared to the oldest (64.6% (adults 18-35 years), 66.0% (adults 36-50 years) vs. 13.3% (adults 66+ years),  $p < .001$ ). More evening types compared to morning types were snoozing (69.9% vs. 35.1%,  $p < .001$ ), and more people with insomnia were snoozing compared to individuals without insomnia (61.2% compared to 51.8%,  $p = .033$ ).

**Conclusions:** The use of alarm clock and snoozing behavior were related to sex, age, circadian preference, and insomnia.

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