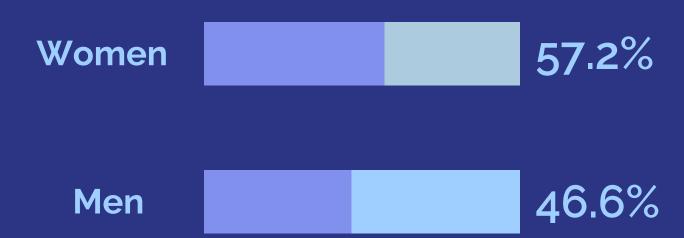
Holiday Travel & Sleep Habits in America



54.5%
of Americans
typically travel to
visit family or
friends over the
holiday season

More women say they prefer to stay at a hotel or rental when traveling over the holidays than men



Sleep impacted as a guest

Sleep impacted as a host

