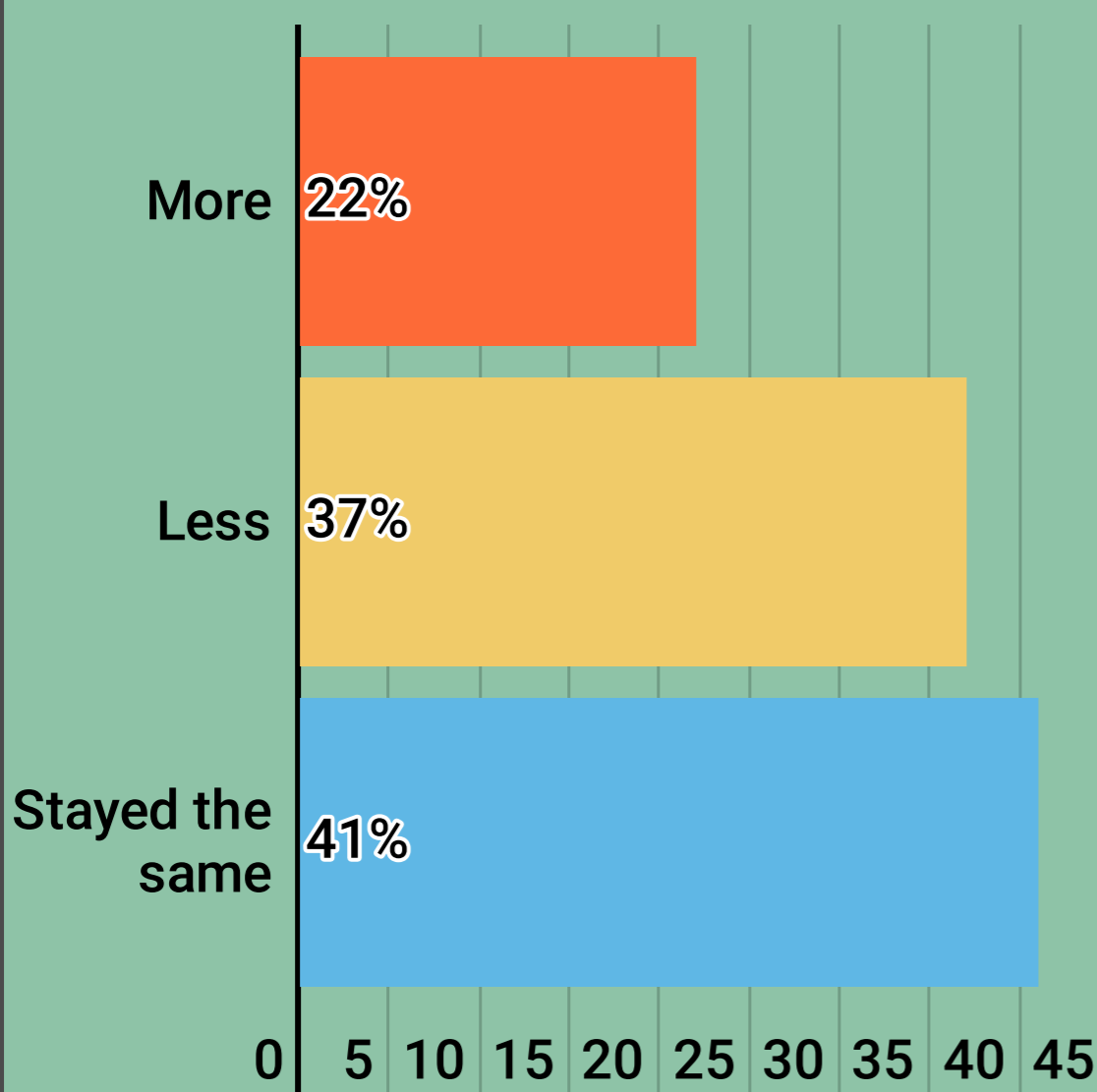




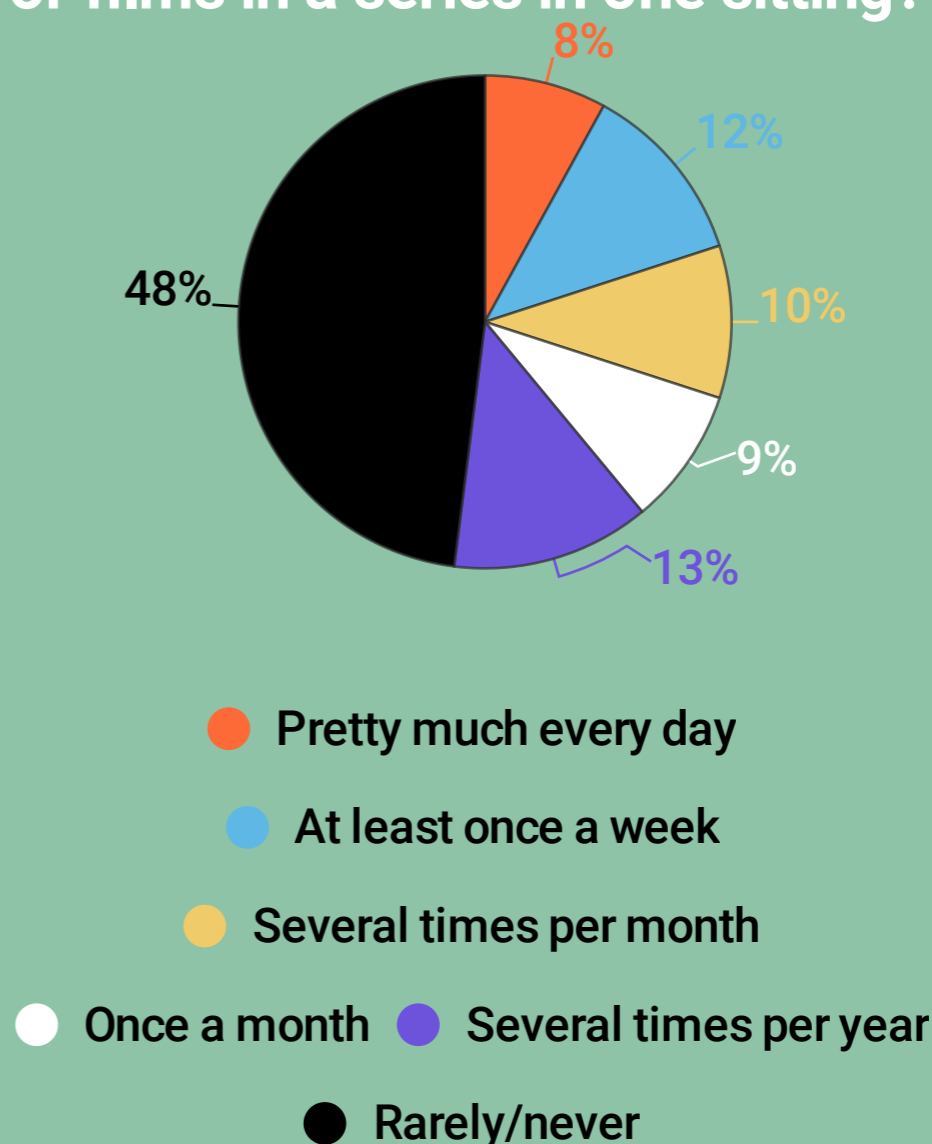
Binge-Watching

In the past six months, do you feel like you're binge-watching more or less?



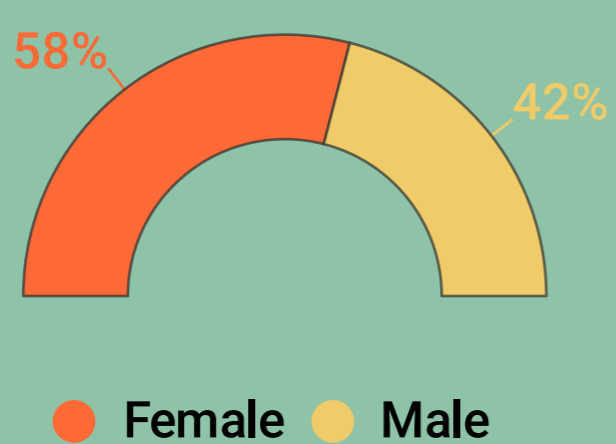
821 respondents, excluding those who do not binge-watch, weighted by U.S. Census 13+

On average, how often do you binge-watch multiple episodes of TV shows or films in a series in one sitting?



1,148 respondents, weighted by U.S. Census 13+

Women are more likely to say they have binge-watched more over the past six months

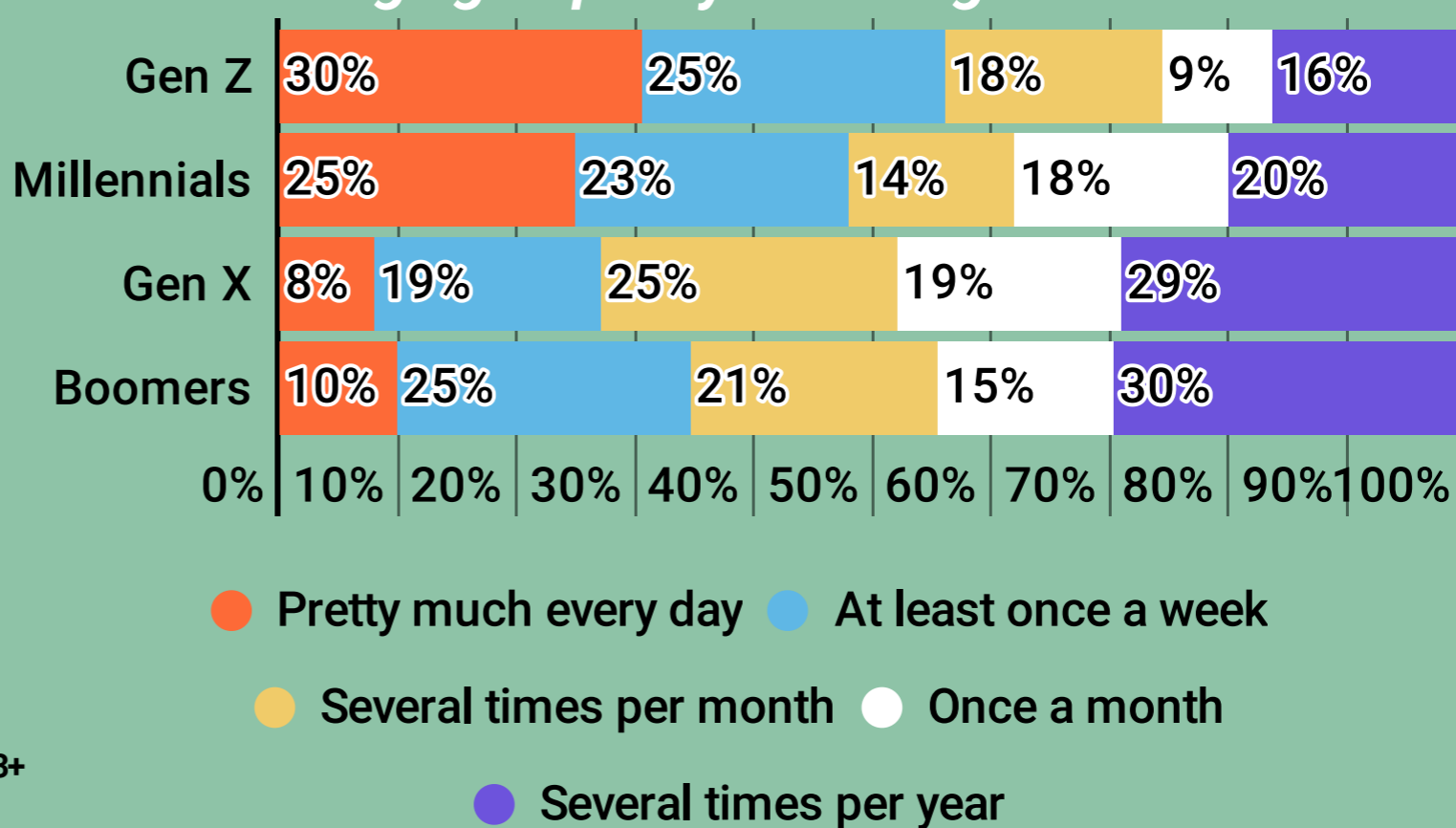


52% of the general population binge-watches



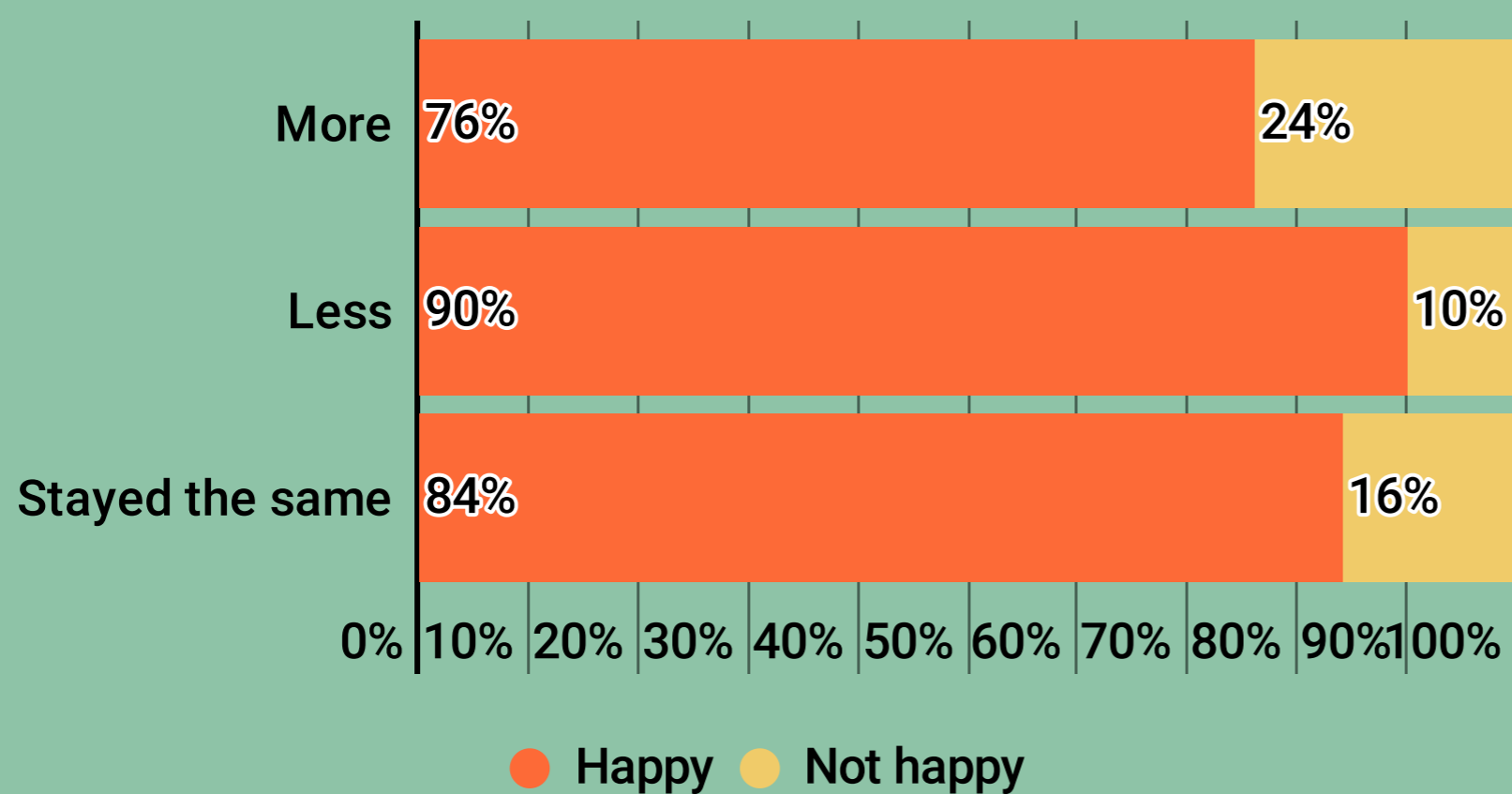
On average, how often do you binge-watch multiple episodes of TV shows or films in a series in one sitting? compared with To what broad age group do you belong?

Younger people binge-watch more frequently—yet **Boomers** are also embracing the pastime.



601 respondents, weighted by U.S. Census 13+

In the past six months, do you feel like you're binge-watching more or less? compared with How happy are you today?



There is a correlation between binge-watching less and increased reports of happiness

336 respondents, weighted by U.S. Census 13+



31% of daily binge-watchers report they watch TV and/or movies while they exercise



Pet owners binge-watch less than non-pet owners

