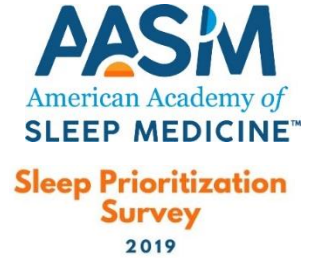


AASM Sleep Prioritization Survey Drowsy Driving



Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,003 adults in the United States. The margin of error is +/- 2 percentage points with a confidence interval of 95 percent. The fieldwork was performed Sept. 17-20, 2019 by Atomik Research, an independent creative market research agency.

Question

Have you ever struggled to stay awake while driving a vehicle?

Results

- 45% of those surveyed said they have struggled to stay awake while driving.

Overall Drowsy Driving Prevalence

Total	2,003
Yes	906 (45%)
No	957 (48%)
I don't drive	140 (4%)

Nearly half (45%) of Americans admit they have struggled to stay awake while driving.

Drowsy Driving Prevalence by Gender

	Male	Female
Total	1,002	1,001
Yes	498 (50%)	408 (41%)
No	436 (44%)	521 (52%)
I don't drive	68 (7%)	72 (7%)

Men are more likely to have struggled to stay awake while driving (50%).

Drowsy Driving Prevalence by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Yes	95 (38%)	164 (42%)	222 (50%)	181 (50%)	104 (43%)	140 (44%)
No	119 (47%)	186 (48%)	196 (45%)	168 (46%)	123 (51%)	165 (52%)
I don't drive	37 (15%)	37 (10%)	22 (5%)	16 (4%)	15 (6%)	13 (4%)

Gen Z is least likely to have struggled to stay awake while driving and also is the most unlikely to drive.

Drowsy Driving by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	179	637	627	487	73
Yes	62 (35%)	299 (47%)	301 (48%)	214 (44%)	30 (41%)
No	89 (50%)	284 (45%)	296 (47%)	249 (51%)	39 (53%)
I don't drive	28 (16%)	54 (8%)	30 (5%)	24 (5%)	4 (5%)

Drowsy Driving Prevalence by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Yes	149 (42%)	359 (48%)	199 (43%)	199 (46%)
No	186 (52%)	346 (46%)	222 (48%)	203 (47%)
I don't drive	22 (6%)	48 (6%)	39 (8%)	31 (7%)

There is a slightly higher prevalence of those who have struggled to stay awake while driving in the South (48%).

About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine improves sleep health and promotes high quality, patient-centered care through advocacy, education, strategic research, and practice standards. The AASM has a combined membership of 10,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals.