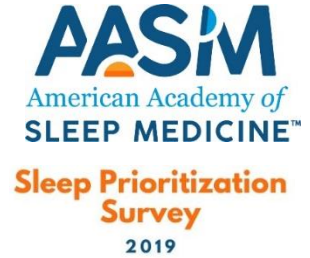


AASM Sleep Prioritization Survey Winter Sleep



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

How would you describe your sleep duration in the winter?

Results

- One-third (34%) of those surveyed said they sleep “more than usual” during the winter.

Overall Winter Sleep Results

Total	2,003
Sleep less than usual	206 (10%)
Sleep the same as usual	1,118 (56%)
Sleep more than usual	679 (34%)

Most Americans sleep the same as usual in the winter, and only 10% sleep less than usual during the winter.

Winter Sleep by Gender

	Male	Female
Total	1,002	1,001
Sleep less than usual	120 (12%)	86 (9%)
Sleep the same as usual	553 (55%)	565 (56%)
Sleep more than usual	329 (33%)	350 (35%)

Women (35%) are slightly more likely to sleep more than usual during the winter than men (33%).

Winter Sleep by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	251	387	440	365	242	318
Sleep less than usual	55 (22%)	46 (12%)	50 (11%)	33 (9%)	15 (6%)	7 (2%)
Sleep the same as usual	119 (47%)	196 (51%)	231 (53%)	199 (56%)	143 (59%)	230 (72%)
Sleep more than usual	77 (31%)	145 (37%)	159 (36%)	133 (36%)	84 (35%)	81 (25%)

Millennials (38%) are most likely to sleep more than usual in the winter.

Winter Sleep 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
Sleep less than usual	43 (24%)	76 (12%)	65 (10%)	20 (4%)	2 (3%)
Sleep the same as usual	85 (47%)	320 (50%)	340 (54%)	317 (65%)	56 (77%)
Sleep more than usual	51 (28%)	241 (38%)	222 (35%)	150 (31%)	15 (21%)

Winter Sleep by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Sleep less than usual	38 (11%)	78 (10%)	39 (8%)	51 (12%)
Sleep the same as usual	193 (54%)	443 (59%)	245 (53%)	237 (55%)
Sleep more than usual	126 (35%)	232 (31%)	176 (38%)	145 (33%)

Those in the Midwest (38%) are most likely to sleep more than usual during the winter.

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.