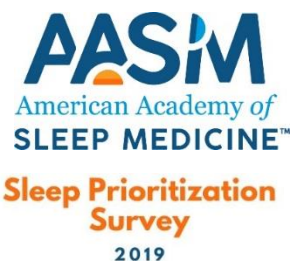


AASM Sleep Prioritization Survey

Sleep While Traveling



Survey Methodology

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 much sleep do you usually get while traveling?

Results

- More than half (54%) of respondents reported that they sleep less than usual while traveling.

Overall Sleep While Traveling Results

	Rank
Total	2,003 (100%)
Sleep less than usual	1,074 (54%)
Sleep the same as usual	564 (28%)
Sleep more than usual	149 (7%)
I don't travel	216 (11%)

Only 28% of respondents reported sleeping the same as usual while traveling.

Sleep While Traveling by Gender

	Male	Female
Total	1,002	1,001
Sleep less than usual	498 (50%)	576 (58%)
Sleep the same as usual	320 (32%)	244 (24%)
Sleep more than usual	88 (9%)	61 (6%)
I don't travel	96 (10%)	120 (12%)

Women (58%) are more likely to sleep less than usual while traveling than men (50%).

Sleep While Traveling 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	131 (52%)	205 (53%)	246 (56%)	209 (57%)	128 (53%)	155 (49%)
Sleep the same as usual	61 (24%)	117 (30%)	128 (29%)	89 (24%)	64 (26%)	105 (33%)
Sleep more than usual	29 (12%)	30 (8%)	39 (9%)	22 (6%)	17 (7%)	12 (4%)
I don't travel	30 (12%)	35 (9%)	27 (6%)	45 (12%)	33 (14%)	46 (14%)

Those aged 45-54 (57%) are more likely to sleep less while traveling.

Sleep While Traveling 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	92 (51%)	333 (52%)	366 (58%)	248 (51%)	35 (48%)
Sleep the same as usual	46 (26%)	192 (30%)	157 (25%)	150 (31%)	19 (26%)
Sleep more than usual	23 (13%)	55 (9%)	42 (7%)	24 (5%)	5 (7%)
I don't travel	18 (10%)	57 (9%)	62 (10%)	65 (13%)	14 (19%)

The Silent Generation (48%) is the least likely to sleep less while traveling.

Sleep While Traveling by Region

	Northeast	South	Midwest	West
Total	357	753	460	433
Sleep less than usual	184 (52%)	393 (52%)	262 (57%)	235 (54%)
Sleep the same as usual	105 (29%)	223 (30%)	116 (25%)	120 (28%)
Sleep more than usual	24 (7%)	54 (7%)	30 (7%)	41 (9%)
I don't travel	44 (12%)	83 (11%)	52 (11%)	37 (9%)

Respondents in the Midwest (57%) are more likely to sleep less than usual while traveling.

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.