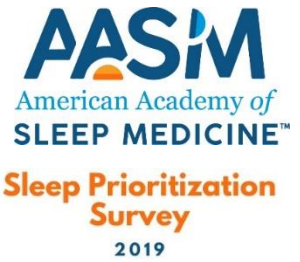# AASM Sleep Prioritization Survey
Bedtimes

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
What time is your bedtime?

Results
- Of those with a set bedtime (N=1,105), 54% go to bed between 10 and 11 p.m.
  - This includes 23% who have a 10 p.m. bedtime, 14% with a 10:30 p.m. bedtime and 17% with a bedtime of 11 p.m.

Overall Bedtimes Results

Total	1,105
6 p.m. or earlier	10 (1%)
6:30 p.m.	1 (0%)
7 p.m.	7 (1%)
7:30 p.m.	8 (1%)
8 p.m.	34 (3%)
8:30 p.m.	39 (4%)
9 p.m.	102 (9%)
9:30 p.m.	112 (10%)
10 p.m.	249 (23%)
10:30 p.m.	157 (14%)
11 p.m.	191 (17%)
11:30 p.m.	86 (8%)
Midnight or Later	109 (10%)

The majority of respondents' bedtimes are between 10-11 p.m. (54%).

Bedtimes by Gender

	Male	Female
Total	535	570
6 p.m. or earlier	7 (1%)	3 (1%)
6:30 p.m.	1 (0%)	0 (0%)
7 p.m.	4 (1%)	3 (1%)
7:30 p.m.	4 (1%)	4 (1%)
8 p.m.	17 (3%)	17 (3%)
8:30 p.m.	19 (4%)	20 (4%)
9 p.m.	45 (8%)	57 (10%)
9:30 p.m.	50 (9%)	62 (11%)
10 p.m.	115 (21%)	134 (24%)
10:30 p.m.	69 (13%)	88 (15%)
11 p.m.	101 (19%)	90 (16%)
11:30 p.m.	47 (9%)	39 (7%)
Midnight or Later	56 (10%)	53 (9%)

Men (38%) are more likely to have a bedtime of 11 p.m. or later than women (32%).

Bedtimes by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	**105**	**215**	**259**	**197**	**131**	**198**
6 p.m. or earlier	2 (2%)	2 (1%)	3 (1%)	1 (1%)	0 (0%)	2 (1%)
6:30 p.m.	1 (1%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
7 p.m.	1 (1%)	1 (0%)	2 (1%)	1 (1%)	2 (2%)	0 (0%)
7:30 p.m.	0 (0%)	3 (1%)	1 (0%)	1 (1%)	1 (1%)	2 (1%)
8 p.m.	1 (1%)	5 (2%)	8 (3%)	6 (3%)	54 (4%)	9 (5%)
8:30 p.m.	0 (0%)	6 (3%)	14 (5%)	7 (4%)	7 (5%)	5 (3%)
9 p.m.	7 (7%)	14 (7%)	27 (10%)	25 (13%)	13 (10%)	16 (8%)
9:30 p.m.	14 (13%)	27 (13%)	28 (11%)	22 (11%)	13 (10%)	8 (4%)
10 p.m.	15 (14%)	62 (29%)	61 (24%)	40 (20%)	32 (24%)	39 (20%)
10:30 p.m.	20 (19%)	33 (15%)	32 (12%)	27 (14%)	17 (13%)	28 (14%)
11 p.m.	20 (19%)	32 (15%)	47 (18%)	37 (19%)	20 (15%)	35 (18%)
11:30 p.m.	5 (5%)	11 (5%)	13 (5%)	17 (9%)	8 (6%)	32 (16%)
Midnight or Later	19 (18%)	19 (9%)	23 (9%)	13 (7%)	13 (10%)	22 (11%)

> Gen Z respondents are most likely to go to bed at midnight or later (22%).

Bedtimes by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	**67**	**348**	**361**	**286**	**43**
6 p.m. or earlier	2 (3%)	4 (1%)	2 (1%)	2 (1%)	0 (0%)
6:30 p.m.	1 (1%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
7 p.m.	1 (1%)	3 (1%)	1 (0%)	2 (1%)	0 (0%)
7:30 p.m.	0 (0%)	3 (1%)	2 (1%)	2 (1%)	1 (2%)
8 p.m.	0 (0%)	8 (2%)	12 (3%)	12 (4%)	2 (5%)
8:30 p.m.	0 (0%)	12 (3%)	15 (4%)	11 (4%)	1 (2%)
9 p.m.	4 (6%)	29 (8%)	40 (11%)	24 (8%)	5 (12%)
9:30 p.m.	7 (10%)	38 (11%)	46 (13%)	18 (6%)	3 (7%)
10 p.m.	12 (18%)	94 (27%)	72 (20%)	62 (22%)	9 (21%)
10:30 p.m.	10 (15%)	53 (15%)	49 (14%)	39 (14%)	6 (14%)
11 p.m.	11 (16%)	57 (16%)	68 (19%)	49 (17%)	6 (14%)
11:30 p.m.	4 (6%)	16 (5%)	26 (7%)	34 (12%)	6(14%)
Midnight or Later	15 (22%)	31 (9%)	28 (8%)	31 (11%)	4 (9%)

Bedtimes by Region

	Northeast	South	Midwest	West
Total	**190**	**404**	**254**	**257**
6 p.m. or earlier	1 (1%)	4 (1%)	2 (1%)	3 (1%)
6:30 p.m.	0 (0%)	0 (0%)	0 (0%)	1 (0%)
7 p.m.	1 (1%)	1 (0%)	1 (0%)	4 (2%)
7:30 p.m.	2 (1%)	2 (0%)	1 (0%)	3 (1%)
8 p.m.	7 (4%)	11 (3%)	7 (3%)	9 (4%)
8:30 p.m.	5 (3%)	11 (3%)	6 (2%)	17 (7%)
9 p.m.	16 (8%)	36 (9%)	23 (9%)	27 (11%)
9:30 p.m.	14 (7%)	41 (10%)	36 (14%)	21 (8%)
10 p.m.	42 (22%)	80 (20%)	61 (24%)	66 (26%)
10:30 p.m.	20 (11%)	65 (16%)	37 (15%)	35 (14%)
11 p.m.	43 (23%)	72 (18%)	35 (14%)	41 (16%)
11:30 p.m.	15 (8%)	35 (9%)	19 (7%)	17 (7%)
Midnight or Later	24 (13%)	46 (11%)	26 (10%)	13 (5%)

> Those living in the West are least likely to have a bedtime of midnight or later (5%).

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.