

# AASM Sleep Prioritization Survey Summer 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 summer?

## Results

- More than one-third (36%) of those surveyed said they sleep less than usual during the summer.

### Overall Summer Sleep Results

<b>Total</b>	<b>2,003</b>
Sleep less than usual	712 (36%)
Sleep the same as usual	1,115 (56%)
Sleep more than usual	176 (9%)

36% of Americans sleep less than usual during the summer.

### Summer Sleep by Gender

	Male	Female
<b>Total</b>	<b>1,002</b>	<b>1,001</b>
Sleep less than usual	366 (37%)	346 (35%)
Sleep the same as usual	560 (56%)	555 (55%)
Sleep more than usual	76 (8%)	100 (10%)

Men (37%) are more likely to sleep less than usual than women (35%).

### Summer Sleep by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>251</b>	<b>387</b>	<b>440</b>	<b>365</b>	<b>242</b>	<b>318</b>
Sleep less than usual	86 (34%)	136 (35%)	179 (41%)	149 (41%)	80 (33%)	82 (26%)
Sleep the same as usual	96 (38%)	217 (56%)	226 (51%)	190 (52%)	156 (64%)	230 (72%)
Sleep more than usual	69 (27%)	34 (9%)	35 (8%)	26 (7%)	6 (2%)	6 (2%)

Respondents aged 65+ (26%) are least likely to sleep less than usual in the summer.

### Summer Sleep by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	<b>179</b>	<b>637</b>	<b>627</b>	<b>487</b>	<b>73</b>
Sleep less than usual	60 (34%)	235 (37%)	255 (41%)	146 (30%)	16 (22%)
Sleep the same as usual	72 (37%)	340 (53%)	322 (51%)	331 (68%)	55 (75%)
Sleep more than usual	52 (29%)	62 (10%)	50 (8%)	10 (2%)	2 (3%)

### Summer Sleep by Region

	Northeast	South	Midwest	West
<b>Total</b>	<b>357</b>	<b>753</b>	<b>460</b>	<b>433</b>
Sleep less than usual	122 (34%)	226 (30%)	182 (40%)	182 (42%)
Sleep the same as usual	197 (55%)	455 (60%)	247 (54%)	216 (50%)
Sleep more than usual	38 (11%)	72 (10%)	31 (7%)	35 (8%)

Individuals in the West (42%) are the most likely to sleep less than usual during the summer.

### 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.