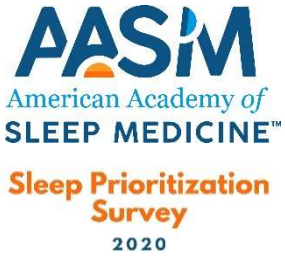
AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Student Sleep



Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. The sample consisted of 1,005 parents with children between the ages of five and 18 years old. The margin of error for the sample fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place between July 17-20, 2020. Atomik Research is an independent market research agency.

Question

Due to COVID-19, many students engaged in online or remote learning in the Spring. Which of your children and/or teen's sleep habits were affected by remote learning?

- Their amount of nightly sleep
- Their bedtime
- Their waketime
- Bedtime consistency
- Waketime consistency
- It has not affected any of the above
- My children did not engage in online or remote learning

Results

- More than a third (35%) of parents of children between the ages of five and 18 say that remote or online learning due to the COVID-19 pandemic has affected their children's nightly amount of sleep.
- 38% of parents surveyed report that online/remote learning due to COVID-19 has affected their child's/teen's nightly bedtime and/or daily waketime.
- Four out of 10 parents acknowledge that their children's bedtime (42%) and/or waketime (39%) consistency were affected by remote learning.

Overall Results

Total	1,005
Their amount of nightly sleep	350 (35%)
Their bedtime	384 (38%)
Their waketime	385 (38%)
Bedtime consistency	423 (42%)
Waketime consistency	396 (39%)
It has not affected any of the above	139 (14%)
My children did not engage in online or remote learning	44 (4%)

Bedtime and waketime consistency are the sleep habits most affected by remote learning, according to 4 out of 10 parents.

Results by Parent Gender

	Male	Female
Total	598	407
Their amount of nightly sleep	225 (38%)	125 (31%)
Their bedtime	238 (40%)	146 (36%)
Their waketime	244 (41%)	141 (35%)
Bedtime consistency	254 (42%)	169 (42%)
Waketime consistency	241 (40%)	155 (38%)
It has not affected any of the above	60 (10%)	79 (19%)
My children did not engage in online or remote learning	26 (4%)	18 (4%)

38% of fathers acknowledge their children's amount of nightly sleep is affected by remote learning, compared to 31% of mothers.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Their amount of nightly sleep	113 (35%)	69 (32%)	168 (36%)
Their bedtime	129 (40%)	72 (33%)	183 (40%)
Their waketime	109 (33%)	76 (35%)	200 (43%)
Bedtime consistency	126 (39%)	91 (42%)	206 (44%)
Waketime consistency	110 (34%)	85 (39%)	201 (43%)
It has not affected any of the above	47 (14%)	33 (15%)	59 (13%)
My children did not engage in online or remote learning	14 (4%)	12 (6%)	18 (4%)

Parents of boys (40%) are more likely to say their child is experiencing an impact on their bedtime due to COVID-19 than parents of girls (33%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Their amount of nightly sleep	25 (28%)	67 (34%)	200 (38%)	45 (28%)	10 (29%)	3 (33%)
Their bedtime	30 (34%)	71 (36%)	217 (42%)	52 (33%)	9 (26%)	5 (56%)
Their waketime	18 (20%)	78 (40%)	220 (42%)	59 (37%)	9 (26%)	1 (11%)
Bedtime consistency	30 (34%)	90 (46%)	225 (43%)	64 (40%)	11 (32%)	3 (33%)
Waketime consistency	25 (28%)	78 (40%)	209 (40%)	71 (45%)	11 (32%)	2 (22%)
It has not affected any of the above	10 (11%)	24 (12%)	66 (13%)	30 (19%)	9 (26%)	0 (0%)
My children did not engage in online or remote learning	6 (7%)	8 (4%)	20 (4%)	6 (4%)	2 (6%)	2 (22%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	143	444	409	351	225	50
Their amount of nightly sleep	40 (28%)	150 (34%)	145 (35%)	144 (41%)	82 (36%)	16 (32%)
Their bedtime	52 (36%)	164 (37%)	178 (44%)	140 (40%)	86 (38%)	15 (30%)
Their waketime	55 (38%)	170 (38%)	164 (40%)	162 (46%)	82 (36%)	17 (34%)
Bedtime consistency	60 (42%)	185 (42%)	179 (44%)	166 (47%)	97 (43%)	20 (40%)
Waketime consistency	45 (31%)	170 (38%)	183 (45%)	153 (44%)	104 (46%)	18 (36%)
It has not affected any of the above	28 (20%)	61 (14%)	47 (11%)	39 (11%)	35 (16%)	10 (20%)
My children did not engage in online or remote learning	10 (7%)	21 (5%)	18 (4%)	12 (3%)	6 (3%)	5 (10%)

Due to COVID-19, parents of those aged 12-14 are seeing the biggest impact on bedtime consistency (47%). Nearly half of parents of 15-17-year-olds (46%) are seeing an impact on waketime consistency, and 1 in 5 parents of 18-year-olds (20%) are seeing no impact due to COVID-19.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	60	404	498	43	0
Their amount of nightly sleep	15 (25%)	144 (36%)	178 (36%)	13 (30%)	0
Their bedtime	16 (27%)	156 (39%)	198 (40%)	14 (33%)	0
Their waketime	11 (18%)	165 (41%)	199 (40%)	10 (23%)	0
Bedtime consistency	20 (33%)	176 (44%)	213 (43%)	14 (33%)	0
Waketime consistency	17 (28%)	149 (37%)	217 (44%)	13 (30%)	0
It has not affected any of the above	7 (12%)	59 (15%)	64 (13%)	9 (21%)	0
My children did not engage in online or remote learning	5 (8%)	16 (4%)	19 (4%)	4 (9%)	0

Kids of Millennial parents (44%) are experiencing an impact on their bedtime consistency due to COVID-19, while 44% of kids of Gen X parents are experiencing an impact on waketime consistency.

Results by Region

	Northeast	Midwest	South	West
Total	298	205	361	141
Their amount of nightly sleep	105 (35%)	69 (34%)	125 (35%)	51 (36%)
Their bedtime	125 (42%)	65 (32%)	138 (38%)	56 (40%)
Their waketime	112 (38%)	66 (32%)	147 (41%)	60 (43%)
Bedtime consistency	127 (43%)	84 (41%)	149 (41%)	63 (45%)
Waketime consistency	116 (39%)	85 (41%)	130 (36%)	65 (46%)
It has not affected any of the above	29 (10%)	32 (16%)	60 (17%)	18 (13%)
My children did not engage in online or remote learning	10 (3%)	13 (6%)	18 (5%)	3 (2%)

Due to COVID-19, waketime (46%) and bedtime (45%) consistency are mostly impacted by children/teens in the West.

About the American Academy of Sleep Medicine

Established in 1975, the American Academy of Sleep Medicine (AASM) is advancing sleep care and enhancing sleep health to improve lives. The AASM has a combined membership of 11,000 accredited member sleep centers and individual members, including physicians, scientists and other health care professionals (https://aasm.org/).

AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Nightly Sleep

Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. The sample consisted of 1,005 parents with children between the ages of five and 18 years old. The margin of error for the sample fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place between July 17-20, 2020. Atomik Research is an independent market research agency.

Question

How has remote/online learning due to COVID-19 affected your school-aged children and/or teen's amount of nightly sleep?

Results

- More than a third (35%) of parents of children between the ages of five and 18 say that remote or online learning due to the COVID-19 pandemic has affected their children's nightly amount of sleep.

Overall Results

Total	**350 (35%)**
Less nightly sleep	180 (18%)
More nightly sleep	170 (17%)

Nearly 1 in 5 parents (18%) say their children are getting less nightly sleep due to COVID-19.

Results by Parent Gender

	Male	Female
Total	225	125
Less nightly sleep	105 (18%)	75 (18%)
More nightly sleep	120 (20%)	50 (12%)

Fathers (20%) are nearly twice more likely to report their kids are getting more nightly sleep due to COVID-19 compared to mothers (12%).

Results by Children Gender

	Only Boys	Only Girls	Both
Total	113	69	168
Less nightly sleep	62 (19%)	36 (17%)	82 (18%)
More nightly sleep	51 (16%)	33 (15%)	86 (18%)

Parents of boys (19%) report they are getting less nightly sleep due to COVID-19 compared to girls (17%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	25	67	200	45	10	3
Less nightly sleep	18 (20%)	40 (21%)	92 (18%)	22 (14%)	6 (18%)	2 (22%)
More nightly sleep	7 (8%)	27 (14%)	108 (21%)	23 (14%)	4 (12%)	1 (11%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	40	150	145	144	82	16
Less nightly sleep	27 (19%)	85 (19%)	71 (17%)	68 (19%)	47 (21%)	8 (16%)
More nightly sleep	13 (9%)	65 (15%)	74 (18%)	76 (22%)	35 (16%)	8 (16%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	15	144	178	13	0
Less nightly sleep	11 (17%)	81 (17%)	80 (21%)	8 (12%)	0
More nightly sleep	4 (10%)	63 (22%)	98 (19%)	5 (21%)	0

Kids of Millennial parents (22%) are getting more nightly sleep due to COVID-19 compared to other parent generations.

Results by Region

	Northeast	Midwest	South	West
Total	105	69	125	51
Less nightly sleep	45 (15%)	42 (20%)	67 (19%)	26 (18%)
More nightly sleep	60 (20%)	27 (13%)	58 (16%)	25 (18%)

Children in the Northeast (15%) are most likely to be getting less sleep due to COVID-19 compared to other regions.

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AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Nightly Bedtime

Survey Methodology

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Question

How has remote/online learning due to COVID-19 affected your school-aged children and/or teen's nightly bedtime?

Results

- Nearly 4 out of 10 parents (38%) say that online/remote learning due to COVID-19 has affected their child's/teen's nightly bedtime.

Overall Results

Total	384 (38%)
It's earlier	189 (19%)
It's later	195 (19%)

Nearly one in five (19%) parents say their children have an earlier bedtime, but another near one in five (19%) say that their children have later bedtimes, due to COVID-19.

Results by Parent Gender

	Male	Female
Total	238	146
It's earlier	156 (26%)	33 (8%)
It's later	82 (14%)	113 (28%)

Fathers (26%) are three times more likely to report their kids are getting to bed earlier due to COVID-19 compared to mothers (8%).

Results by Children Gender

	Only Boys	Only Girls	Both
Total	129	72	183
It's earlier	75 (23%)	29 (13%)	85 (18%)
It's later	54 (17%)	43 (20%)	98 (21%)

Parents of boys (23%) are more likely to report an earlier bedtime due to COVID-19 compared to parents of girls (13%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	30	71	217	52	9	5
It's earlier	22 (25%)	24 (12%)	119 (23%)	19 (12%)	3 (9%)	2 (22%)
It's later	8 (9%)	47 (24%)	98 (19%)	33 (21%)	6 (18%)	3 (33%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	52	164	178	140	86	15
It's earlier	23 (16%)	77 (17%)	101 (25%)	62 (18%)	34 (15%)	5 (10%)
It's later	29 (20%)	87 (20%)	77 (19%)	78 (22%)	52 (23%)	10 (20%)

A quarter of 9-11-year-olds (25%) are getting to bed earlier due to COVID-19 when compared to other age groups.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	16	156	198	14	0
It's earlier	10 (17%)	69 (17%)	105 (21%)	5 (12%)	0
It's later	6 (10%)	87 (22%)	93 (19%)	9 (21%)	0

Kids of Gen X parents (21%) are getting to bed earlier due to COVID-19 compared to other parent generations.

Results by Region

	Northeast	Midwest	South	West
Total	125	65	138	56
It's earlier	75 (25%)	32 (16%)	57 (16%)	25 (18%)
It's later	50 (17%)	33 (16%)	81 (22%)	31 (22%)

A quarter of kids in the Northeast (25%) are getting to bed earlier due to COVID-19 compared to other regions.

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AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Daily Waketime

Survey Methodology

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Question

How has remote/online learning due to COVID-19 affected your school-aged children and/or teen's daily waketime?

Results

- Nearly 4 out of 10 parents (38%) say that online/remote learning due to COVID-19 has affected their child's/teen's daily waketime.

Overall Results

Total	385 (38%)
It's earlier	196 (20%)
It's later	189 (19%)

1 out of 5 American parents (20%) say that their children have earlier waketimes, and similarly, 19% say that their children have later waketimes, due to COVID-19

Results by Parent Gender

	Male	Female
Total	244	141
It's earlier	162 (27%)	34 (8%)
It's later	82 (14%)	107 (26%)

With remote learning, fathers (27%) are over three times more likely to report their kids are waking up earlier compared to mothers (8%).

Results by Children Gender

	Only Boys	Only Girls	Both
Total	109	76	200
It's earlier	70 (21%)	30 (14%)	96 (21%)
It's later	39 (12%)	46 (21%)	104 (22%)

Parents of girls (21%) report their children are waking up later due to remote learning compared to parents of boys (12%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	18	78	220	59	9	1
It's earlier	9 (10%)	35 (18%)	133 (26%)	17 (11%)	2 (6%)	0 (0%)
It's later	9 (10%)	43 (22%)	87 (17%)	42 (26%)	7 (21%)	1 (11%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	55	170	164	162	82	17
It's earlier	22 (15%)	86 (19%)	90 (22%)	82 (23%)	30 (13%)	5 (10%)
It's later	33 (23%)	84 (19%)	74 (18%)	80 (23%)	52 (23%)	12 (24%)

5-14-year-olds are twice as likely to wake up earlier due to remote learning compared to 18-year-olds (10%).

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	11	165	199	10	0
It's earlier	4 (7%)	86 (21%)	104 (21%)	2 (5%)	0
It's later	7 (12%)	79 (20%)	95 (19%)	8 (19%)	0

With remote learning, kids of Millennial and Gen X parents (21%) are waking up earlier compared to kids of Gen Z (7%) and Baby Boomer (5%) parents.

Results by Region

	Northeast	Midwest	South	West
Total	112	66	147	60
It's earlier	61 (20%)	30 (15%)	73 (20%)	32 (23%)
It's later	51 (17%)	36 (18%)	74 (20%)	28 (20%)

Nearly a quarter of kids in the West (23%) are waking up earlier due to remote learning compared to other regions.

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AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Bedtime Consistency

Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. The sample consisted of 1,005 parents with children between the ages of five and 18 years old. The margin of error for the sample fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place between July 17-20, 2020. Atomik Research is an independent market research agency.

Question

How has remote/online learning due to COVID-19 affected your school-aged children and/or teen's bedtime consistency?

Results

- Four out of 10 parents (42%) say that online/remote learning due to COVID-19 has affected their child/teen's bedtime consistency.
    - Almost a quarter of parents (24%) say that online/remote learning due to COVID-19 has made their child's/teen's bedtime less consistent.

Overall Results

Total	423 (42%)
Less consistent	246 (24%)
More consistent	177 (18%)

Almost a quarter of parents (24%) say that online/remote learning due to COVID-19 has made their child's/teen's bedtime less consistent.

Results by Parent Gender

	Male	Female
Total	254	169
Less consistent	110 (18%)	136 (33%)
More consistent	144 (24%)	33 (8%)

A third of mothers (33%) say remote/online learning due to COVID-19 has made their children's bedtime less consistent, while almost a quarter (24%) of fathers say their children's bedtime is more consistent.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	126	91	206
Less consistent	73 (22%)	58 (27%)	115 (25%)
More consistent	53 (16%)	33 (15%)	91 (20%)

Parents of girls (27%) are more likely to report a less consistent bedtime due to remote learning compared to parents of boys (22%).

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	30	90	225	64	11	3
Less consistent	24 (27%)	57 (29%)	108 (21%)	45 (28%)	9 (26%)	3 (33%)
More consistent	6 (7%)	33 (17%)	117 (23%)	19 (12%)	2 (6%)	0 (0%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	60	185	179	166	97	20
Less consistent	41 (29%)	111 (25%)	94 (23%)	89 (25%)	64 (28%)	13 (26%)
More consistent	19 (13%)	74 (17%)	85 (21%)	77 (22%)	33 (15%)	7 (14%)

Almost a quarter or more of children and teens are experiencing less consistent bedtimes due to remote learning.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	20	176	213	14	0
Less consistent	16 (27%)	102 (25%)	116 (23%)	12 (28%)	0
More consistent	4 (7%)	74 (18%)	97 (19%)	2 (5%)	0

Kids of Millennials (18%) and Gen X (19%) parents are more likely to have more consistent bedtimes due to COVID-19, compared to kids of Gen Z (7%) and Baby Boomer (5%) parents.

Results by Region

	Northeast	Midwest	South	West
Total	127	84	149	63
Less consistent	62 (21%)	56 (27%)	94 (26%)	34 (24%)
More consistent	65 (22%)	28 (14%)	55 (15%)	29 (21%)

Kids in the Northeast (22%) and West (21%) are having more consistent bedtimes due to remote learning than kids in the Midwest (14%) and South (15%).

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AASM Sleep Prioritization Survey

COVID-19/Remote Learning Impact on Waketime Consistency

Survey Methodology

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Question

How has remote/online learning due to COVID-19 affected your school-aged children and/or teen's waketime consistency?

Results

- Nearly four out of 10 parents (39%) say that online/remote learning due to COVID-19 has affected their child/teen's waketime consistency.
    - Almost a quarter of parents (24%) say that online/remote learning due to COVID-19 has made their child's/teen's waketime less consistent.

Overall Results

Total	396 (39%)
Less consistent	237 (24%)
More consistent	159 (16%)

Nearly a quarter (24%) of parents say that their children have less consistent waketimes due to remote learning.

Results by Parent Gender

	Male	Female
Total	241	155
Less consistent	112 (19%)	125 (31%)
More consistent	129 (22%)	30 (7%)

Nearly a third of American mothers (31%) report their children's waketimes to be less consistent due to remote learning, and 22% of American fathers report their children's waketimes to be more consistent.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	110	85	201
Less consistent	61 (19%)	53 (25%)	123 (27%)
More consistent	49 (15%)	32 (15%)	78 (17%)

A quarter of girls (25%) are experiencing less consistent waketimes due to remote learning compared to 19% of boys.

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	25	78	209	71	11	2
Less consistent	16 (18%)	53 (27%)	110 (21%)	47 (30%)	9 (26%)	2 (22%)
More consistent	9 (10%)	25 (13%)	99 (19%)	24 (15%)	2 (6%)	0 (0%)

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	45	170	183	153	104	18
Less consistent	31 (22%)	105 (24%)	100 (24%)	95 (27%)	67 (30%)	11 (22%)
More consistent	14 (10%)	65 (15%)	83 (20%)	58 (17%)	37 (16%)	7 (14%)

Almost a third of 15-17-year-olds (30%) are experiencing less consistent waketimes due to remote learning.

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	17	149	217	13	0
Less consistent	12 (20%)	91 (23%)	123 (25%)	11 (26%)	0
More consistent	5 (8%)	58 (14%)	94 (19%)	2 (5%)	0

Almost 1 in 5 kids of Gen X parents (19%) are experiencing more consistent bedtimes due to remote learning.

Results by Region

	Northeast	Midwest	South	West
Total	116	85	130	65
Less consistent	66 (22%)	54 (26%)	84 (23%)	33 (23%)
More consistent	50 (17%)	31 (15%)	46 (13%)	32 (23%)

More than a quarter of kids in the Midwest (26%) are experiencing less consistent waketimes due to remote learning, while 23% of kids in the West are experiencing more consistent waketimes.

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