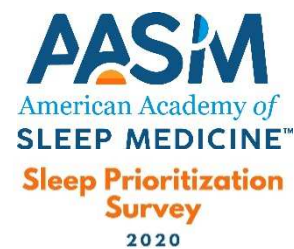


AASM Sleep Prioritization Survey

Bedtimes on School Nights for Children/Teens



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

Do your school-aged children and/or teens typically have a consistent bedtime on school nights?

Results

- A majority (85%) of those surveyed reported their school-aged children and/or teens have a consistent bedtime.

Overall Results

Total	1,005
Yes	855 (85%)
No	141 (14%)
I don't know	9 (1%)

A majority (85%) of those surveyed reported their school-aged children and/or teens have a consistent bedtime.

Results by Parent Gender

	Male	Female
Total	598	407
Yes	525 (88%)	330 (81%)
No	69 (12%)	72 (18%)
I don't know	4 (1%)	5 (1%)

85% of parents of only boys report that their school-aged children and/or teens have a consistent bedtime, compared to 78% of parents of only girls.

Results by Children Gender

	Only Boys	Only Girls	Both
Total	326	216	463
Yes	277 (85%)	168 (78%)	410 (89%)
No	45 (14%)	43 (20%)	53 (11%)
I don't know	4 (1%)	5 (2%)	0 (0%)

Results by Parent Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	88	195	520	159	34	9
Yes	63 (72%)	172 (88%)	456 (88%)	132 (83%)	26 (76%)	6 (67%)
No	22 (25%)	22 (11%)	62 (12%)	25 (16%)	8 (24%)	2 (22%)
I don't know	3 (3%)	1 (1%)	2 (0%)	2 (1%)	0 (0%)	1 (11%)

Teens ages 18+ are the least likely (20%) to have a consistent bedtime, compared to younger age groups.

Results by Children Age Group

	0-4	5-8	9-11	12-14	15-17	18
Total	143	444	409	351	225	50
Yes	125 (87%)	386 (87%)	362 (89%)	314 (89%)	179 (80%)	37 (74%)
No	16 (11%)	55 (12%)	45 (11%)	35 (10%)	42 (19%)	10 (20%)
I don't know	2 (1%)	3 (1%)	2 (0%)	2 (1%)	4 (2%)	3 (6%)

Results by Parent Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)
Total	60	404	498	43
Yes	38 (63%)	355 (88%)	430 (86%)	32 (74%)
No	19 (32%)	47 (12%)	65 (13%)	10 (23%)
I don't know	3 (5%)	2 (0%)	3 (1%)	1 (2%)

Gen Z parents are the least likely (32%) to report a consistent bedtime for their school-aged children and/or teens, compared to parents of other generations.

Results by Region

	Northeast	Midwest	South	West
Total	N=298	N=205	N=361	N=141
Yes	255 (86%)	167 (81%)	309 (86%)	124 (88%)
No	41 (14%)	35 (17%)	48 (13%)	17 (12%)
I don't know	2 (1%)	3 (1%)	4 (1%)	0 (0%)

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/>).