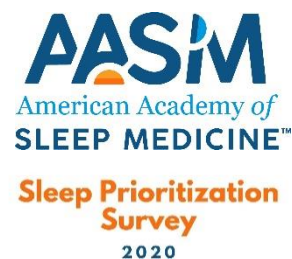


AASM Sleep Prioritization Survey

COVID-19 and the Impact on Sleep



Survey Methodology

American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,007 adults in the U.S. 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

Which of the following have been affected during the COVID-19 pandemic in regard to your sleep?

Results

- U.S. adults report that the COVID-19 pandemic has impacted sleep. One third (33%) have experienced an impact to sleep quality, 30% have seen change in their ability to fall asleep and 29% noted an impact to nightly amount of sleep.

Overall Results

Total	2,007
My sleep quality	661 (33%)
My ability to fall asleep	595 (30%)
My nightly amount of sleep	586 (29%)
My bedtime	554 (28%)
My wake time	499 (25%)
My ability to stay asleep	492 (25%)
The consistency of my bedtime	480 (24%)
It has not affected any of the above	449 (22%)
The consistency of my wake time	416 (21%)
I have been experiencing more disturbing dreams	372 (19%)

Nearly one in five U.S. adults are experiencing more disturbing dreams during the COVID-19 pandemic.

Results by Gender

	Male	Female
Total	1,099	908
My nightly amount of sleep	308 (28%)	278 (31%)
My sleep quality	370 (34%)	291 (32%)
My bedtime	273 (25%)	281 (31%)
My wake time	255 (23%)	244 (27%)
My ability to fall asleep	308 (28%)	287 (32%)
My ability to stay asleep	256 (23%)	236 (26%)
The consistency of my bedtime	245 (22%)	235 (26%)
The consistency of my wake time	208 (19%)	208 (23%)
I have been experiencing more disturbing dreams	195 (18%)	177 (19%)
It has not affected any of the above	238 (22%)	211 (23%)

Females are more likely to report that bedtimes (31%) are impacted by the COVID-19 pandemic than males (25%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	560	421	617	226	128	55
My nightly amount of sleep	135 (24%)	119 (28%)	212 (34%)	75 (33%)	37 (29%)	8 (15%)
My sleep quality	134 (24%)	142 (34%)	257 (42%)	77(34%)	40 (31%)	11 (20%)
My bedtime	164 (29%)	120 (29%)	184 (30%)	63 (28%)	17 (13%)	6 (11%)
My wake time	140 (25%)	101 (24%)	178 (29%)	57 (25%)	18 (14%)	5 (9%)
My ability to fall asleep	147 (26%)	134 (32%)	210 (34%)	69 (31%)	27 (21%)	8 (15%)
My ability to stay asleep	101 (18%)	105 (25%)	170 (28%)	70 (31%)	32 (25%)	14 (25%)
The consistency of my bedtime	126 (23%)	108 (26%)	173 (28%)	43 (19%)	26 (20%)	4 (7%)
The consistency of my wake time	101 (18%)	100 (24%)	149 (24%)	43 (19%)	16 (13%)	7 (13%)
I have been experiencing more disturbing dreams	89 (16%)	86 (20%)	137 (22%)	40 (18%)	19 (15%)	1 (2%)
It has not affected any of the above	133 (24%)	82 (19%)	93 (15%)	58 (26%)	54 (42%)	29 (53%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen. X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	450	754	620	178	5
My nightly amount of sleep	116 (26%)	223 (30%)	202 (33%)	45 (25%)	0 (0%)
My sleep quality	107 (24%)	261 (35%)	242 (39%)	51 (29%)	0 (0%)
My bedtime	139 (31%)	215 (29%)	177 (29%)	23 (13%)	0 (0%)
My wake time	115 (26%)	189 (25%)	172 (28%)	23 (13%)	0 (0%)
My ability to fall asleep	120 (27%)	236 (31%)	204 (33%)	35 (20%)	0 (0%)
My ability to stay asleep	86 (19%)	176 (23%)	184 (30%)	46 (26%)	0 (0%)
The consistency of my bedtime	98 (22%)	204 (27%)	148 (24%)	30 (17%)	0 (0%)
The consistency of my wake time	75 (17%)	181 (24%)	137 (22%)	23 (13%)	0 (0%)
I have been experiencing more disturbing dreams	68 (15%)	156 (21%)	128 (21%)	20 (11%)	0 (0%)
It has not affected any of the above	108 (24%)	149 (20%)	109 (18%)	78 (44%)	5 (100%)

Results by Region

	Northeast	Midwest	South	West
Total	566	422	710	309
My nightly amount of sleep	189 (33%)	107 (25%)	207 (29%)	83 (27%)
My sleep quality	209 (37%)	137 (32%)	213 (30%)	102 (33%)
My bedtime	169 (30%)	116 (27%)	190 (27%)	79 (26%)
My wake time	147 (26%)	105 (25%)	159 (22%)	88 (28%)
My ability to fall asleep	175 (31%)	125 (30%)	205 (29%)	90 (29%)
My ability to stay asleep	154 (27%)	92 (22%)	170 (24%)	76 (25%)
The consistency of my bedtime	135 (24%)	106 (25%)	164 (23%)	75 (24%)
The consistency of my wake time	121 (21%)	88 (21%)	138 (19%)	69 (22%)
I have been experiencing more disturbing dreams	116 (20%)	72 (17%)	124 (17%)	60 (19%)
It has not affected any of the above	103 (18%)	97 (23%)	175 (25%)	74 (24%)

General Population (Non-Parents) vs Parents

	Non-Parents	Parents
Total	1,002	1,005
My nightly amount of sleep	236 (24%)	250 (35%)
My sleep quality	266 (27%)	395 (39%)
My bedtime	265 (26%)	289 (29%)
My wake time	212 (21%)	287 (29%)
My ability to fall asleep	239 (24%)	356 (35%)
My ability to stay asleep	203 (20%)	289 (29%)
The consistency of my bedtime	211 (21%)	269 (27%)
The consistency of my wake time	181 (18%)	235 (23%)
I have been experiencing more disturbing dreams	159 (16%)	213 (21%)
It has not affected any of the above	327 (33%)	122 (12%)

More parents report their sleep quality (39%) has been impacted by the pandemic than non-parents (27%).

AASM Sleep Prioritization Survey

COVID-19 Impact on Nightly Sleep

Question for Those Experiencing Impact on Nightly Sleep

How has your nightly amount of sleep changed during the COVID-19 pandemic?

Results

- Nearly a fifth (19%) of all respondents report less nightly sleep due to the COVID-19 pandemic.

Please note that percentages are based on total population segment.

Overall Results

Total	586 (29%)
Less nightly sleep	380 (19%)
More nightly sleep	206 (10%)

Results by Gender

	Male	Female
Total	308	278
Less nightly sleep	170 (15%)	210 (23%)
More nightly sleep	138 (13%)	68 (7%)

More females (23%) report getting less nightly sleep than males (15%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	135	119	212	75	37	8
Less nightly sleep	95 (17%)	84 (20%)	111 (18%)	49 (22%)	33 (26%)	8 (15%)
More nightly sleep	40 (7%)	35 (8%)	101 (16%)	26 (12%)	4 (3%)	0 (0%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	116	223	202	45	0
Less nightly sleep	82 (18%)	145 (19%)	112 (18%)	41 (23%)	0 (0%)
More nightly sleep	34 (8%)	78 (10%)	90 (15%)	4 (2%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	189	107	207	83
Less nightly sleep	115 (20%)	78 (18%)	142 (20%)	45 (15%)
More nightly sleep	74 (13%)	29 (7%)	65 (9%)	38 (12%)

General Population (Non-Parents) vs Parents

	Non-Parents	Parents
Total	266	395
Less nightly sleep	219 (18%)	225 (20%)
More nightly sleep	47 (5%)	170 (15%)

More parents (15%) report getting less nightly sleep during the pandemic than those without children (5%).

AASM Sleep Prioritization Survey

COVID-19 Impact on Sleep Quality

Question for Those Experiencing Impact on Sleep Quality

How has your sleep quality changed during the COVID-19 pandemic?

Results

- More than a fifth (22%) of total survey respondents report that sleep quality is worse during the pandemic.

Please note that percentages are based on total population segment.

Overall Results

Total	661
It's worse	444 (22%)
It's better	217 (11%)

Results by Gender

	Male	Female
Total	370	291
It's worse	208 (19%)	236 (26%)
It's better	162 (15%)	55 (6%)

More women (26%) than men (19%) report that sleep is worse during the pandemic.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	134	132	257	77	40	11
It's worse	99 (18%)	102 (24%)	132 (21%)	63 (28%)	37 (29%)	11 (20%)
It's better	35 (6%)	40 (10%)	125 (20%)	14 (6%)	3 (2%)	0 (0%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	107	261	242	51	0
It's worse	80 (18%)	171 (23%)	145 (23%)	48 (27%)	0%
It's better	27 (6%)	90 (12%)	97 (16%)	3 (2%)	0%

Results by Region

	Northeast	Midwest	South	West
Total	209	137	213	102
It's worse	131 (23%)	98 (23%)	140 (20%)	75 (24%)
It's better	78 (14%)	39 (9%)	73 (10%)	27 (9%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	661	266
It's worse	219 (22%)	225 (22%)
It's better	47 (5%)	170 (17%)

AASM Sleep Prioritization Survey

COVID-19 Impact on Bedtimes

Question for Those Experiencing Impact to Bedtimes

How has your bedtime changed during the COVID-19 pandemic?

Results

- Nearly a fifth (19%) of respondents report a later bedtime due to the pandemic; only 9% report an earlier bedtime due to the pandemic.

Please note that percentages are based on total population segment.

Overall Results

Total	554
It's earlier	175 (9%)
It's later	379 (19%)

Results by Gender

	Male	Female
Total	273	281
It's earlier	122 (11%)	53 (6%)
It's later	151 (14%)	228 (25%)

More females (25%) report a later bedtime due to the pandemic than males (15%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	164	120	184	63	17	6
It's earlier	37 (7%)	34 (8%)	76 (12%)	19 (8%)	6 (5%)	3 (5%)
It's later	127 (23%)	86 (20%)	108 (18%)	44 (19%)	11 (9%)	3 (5%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	139	215	177	23	0
It's earlier	32 (7%)	64 (8%)	70 (11%)	9 (5%)	0 (0%)
It's later	107 (24%)	151 (20%)	107 (17%)	14 (8%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	169	116	190	79
It's earlier	51 (9%)	39 (9%)	61 (9%)	24 (8%)
It's later	118 (21%)	77 (18%)	129 (18%)	55 (18%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	212	287
It's earlier	65 (6%)	110 (11%)
It's later	200 (20%)	179 (18%)

AASM Sleep Prioritization Survey

COVID-19 Impact on Wake Times

Question for Those Experiencing Impact to Wake Times

How has your wake time changed during the COVID-19 pandemic?

Results

- Of all survey respondents, 14% have later wake times, while 11% have earlier wake times.

Please note that percentages are based on total population segment.

Overall Results

Total	499
It's earlier	212 (11%)
It's later	287 (14%)

Results by Gender

	Male	Female
Total	255	244
It's earlier	139 (13%)	73 (8%)
It's later	116 (11%)	171 (19%)

More women (19%) report having later wake times due to the pandemic than men (11%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	140	101	178	57	18	5
It's earlier	45 (8%)	42 (10%)	86 (14%)	29 (13%)	7 (5%)	3 (5%)
It's later	95 (17%)	59 (14%)	92 (15%)	28 (12%)	11 (9%)	2 (4%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	115	189	172	23	0
It's earlier	36 (8%)	73 (10%)	93 (15%)	10 (6%)	0 (0%)
It's later	79 (18%)	116 (15%)	79 (13%)	13 (7%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	147	105	159	88
It's earlier	58 (11%)	49 (10%)	64 (12%)	41 (9%)
It's later	89 (14%)	56 (16%)	95 (13%)	47 (13%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	212	287
It's earlier	74 (7%)	138 (14%)
It's later	138 (14%)	149 (15%)

Parents (14%) are more likely to report an earlier wake time due to the pandemic than non-parents (7%).

AASM Sleep Prioritization Survey

COVID-19 Impact on Ability to Fall Asleep

Question for Those Experiencing Impact on Ability to Fall Asleep

How has your ability to fall asleep changed during the COVID-19 pandemic?

Results

- A fifth (20%) of all survey respondents are finding it harder to fall asleep during the pandemic.

Please note that percentages are based on total population segment.

Overall Results

Total	595
It's easier to fall asleep	184 (9%)
It's harder to fall asleep	411 (20%)

Results by Gender

	Male	Female
Total	308	287
It's easier to fall asleep	133 (12%)	51 (6%)
It's harder to fall asleep	175 (16%)	236 (26%)

More females (26%) than males (16%) have a harder time falling asleep during the pandemic.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	147	134	210	69	27	8
It's easier to fall asleep	35 (6%)	37 (9%)	93 (15%)	14 (6%)	3 (2%)	2 (4%)
It's harder to fall asleep	112 (20%)	97 (23%)	117 (19%)	55 (24%)	24 (19%)	6 (11%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	120	236	204	35	0
It's easier to fall asleep	26 (6%)	77 (10%)	76 (12%)	5 (3%)	0 (0%)
It's harder to fall asleep	94 (21%)	159 (21%)	128 (21%)	30 (17%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	175	125	205	90
It's easier to fall asleep	39 (12%)	50 (9%)	29 (7%)	29 (9%)
It's harder to fall asleep	86 (19%)	155 (20%)	61 (22%)	61 (20%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	239	356
It's easier to fall asleep	45 (4%)	139 (14%)
It's harder to fall asleep	194 (19%)	217 (22%)

AASM Sleep Prioritization Survey

COVID-19 Impact on Ability to Stay Asleep

Question for Those Experiencing Impact on Ability to Stay Asleep

How has your ability to stay asleep changed during the COVID-19 pandemic?

Results

- Some U.S. adults (16%) state that it is harder to stay asleep during the pandemic.

Please note that percentages are based on total population segment.

Overall Results

Overall Results	
Total	492
It's easier to stay asleep	173 (9%)
It's harder to stay asleep	319 (16%)

Results by Gender

	Male	Female
Total	256	236
It's easier to stay asleep	117 (11%)	56 (6%)
It's harder to stay asleep	139 (13%)	180 (20%)

More females (20%) than males (13%) report difficulty staying asleep during the pandemic.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	101	105	170	70	32	14
It's easier to stay asleep	40 (7%)	37 (9%)	81 (13%)	11 (5%)	3 (2%)	1 (2%)
It's harder to stay asleep	61 (11%)	68 (16%)	89 (14%)	59 (26%)	29 (23%)	13 (24%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	86	176	184	46	0
It's easier to stay asleep	33 (7%)	70 (9%)	66 (11%)	4 (2%)	0 (0%)
It's harder to stay asleep	53 (12%)	106 (14%)	118 (19%)	42 (24%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	154	92	170	76
It's easier to stay asleep	56 (10%)	28 (7%)	60 (8%)	29 (9%)
It's harder to stay asleep	98 (17%)	64 (15%)	110 (15%)	47 (15%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	203	289
It's easier to stay asleep	44 (4%)	129 (13%)
It's harder to stay asleep	159 (16%)	160 (16%)

More parents (13%) than non-parents (4%) report it's easier to stay asleep during the pandemic.

AASM Sleep Prioritization Survey

COVID-19 Impact on Bedtime Consistency

Question for Those Experiencing Impact on Bedtime Consistency

How has COVID-19 affected your bedtime consistency?

Results

- Nearly a fifth of adults across the U.S. report that bedtimes are less consistent (18%) during the pandemic; only 6% of adults report bedtimes that are more consistent.

Please note that percentages are based on total population segment.

Overall Results

Overall Results	
Total	480
It's less consistent	363 (18%)
It's more consistent	117 (6%)

Results by Gender

	Male	Female
Total	245	235
It's less consistent	159 (14%)	204 (22%)
It's more consistent	86 (8%)	31 (3%)

More females (22%) report less consistent bedtimes during the pandemic than males (14%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	126	108	173	43	26	4
It's less consistent	107 (19%)	85 (20%)	106 (17%)	38 (17%)	23 (18%)	4 (7%)
It's more consistent	19 (3%)	23 (5%)	67 (11%)	5 (2%)	3 (2%)	0 (0%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	98	204	148	30	0
It's less consistent	81 (18%)	159 (21%)	96 (15%)	27 (15%)	0 (0%)
It's more consistent	17 (4%)	45 (6%)	52 (8%)	3 (2%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	135	106	164	75
It's less consistent	97 (17%)	90 (21%)	118 (17%)	58 (19%)
It's more consistent	38 (7%)	16 (4%)	46 (6%)	17 (6%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	211	269
It's less consistent	185 (18%)	178 (18%)
It's more consistent	26 (3%)	91 (9%)

AASM Sleep Prioritization Survey

COVID-19 Impact on Wake Time Consistency

Question for Those Experiencing Impact on Wake Time Consistency

How has COVID-19 affected your wake time consistency?

Results

- U.S. adults (15%) have less consistent wake times during the pandemic.

Please note that percentages are based on total population segment.

Overall Results

Total	416
It's less consistent	302 (15%)
It's more consistent	114 (6%)

Results by Gender

	Male	Female
Total	208	208
It's less consistent	126 (11%)	176 (19%)
It's more consistent	82 (7%)	32 (4%)

More females (19%) than males (11%) have less consistent wake times due to the pandemic.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	101	100	149	43	16	7
It's less consistent	79 (14%)	80 (19%)	84 (14%)	39 (17%)	14 (11%)	6 (11%)
It's more consistent	22 (4%)	20 (5%)	65 (11%)	4 (2%)	2 (2%)	1 (2%)

Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
Total	75	181	137	23	0
It's less consistent	59 (13%)	135 (18%)	88 (14%)	20 (11%)	0 (0%)
It's more consistent	16 (4%)	46 (6%)	49 (8%)	3 (2%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	121	88	138	69
It's less consistent	84 (15%)	70 (17%)	99 (14%)	49 (16%)
It's more consistent	37 (7%)	18 (4%)	39 (5%)	20 (6%)

General Population (Non-Parents) vs Parent

	Non-Parents	Parents
Total	416	181
It's less consistent	302 (15%)	154 (15%)
It's more consistent	114 (3%)	27 (9%)

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/>).