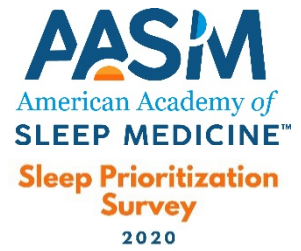


# AASM Sleep Prioritization Survey

## Adult Sleep Duration



### Survey Methodology

The 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

During an average week, how often do you get seven (7) or more hours of sleep?

### Results

- 85% of Americans do not get the recommended 7 hours or more of sleep every night.

### Overall Results

	<b>2,007</b>
Total	<b>2,007</b>
2 times or less per week	675 (34%)
Never (0 times per week)	158 (8%)
1-2 times per week	517 (26%)
3-4 times per week	586 (29%)
5-6 times per week	352 (18%)
Always (7 times per week)	307 (15%)
I don't know	87 (4%)

Slightly more than a third of Americans (34%) are sleeping 7 or more hours two nights or less each week.

### Results by Gender

	<b>Male</b>	<b>Female</b>
Total	<b>1,099</b>	<b>908</b>
2 times or less per week	372 (34%)	303 (33%)
Never (0 times per week)	78 (8%)	80 (9%)
1-2 times per week	294 (26%)	223 (25%)
3-4 times per week	311 (29%)	275 (30%)
5-6 times per week	204 (18%)	148 (16%)
Always (7 times per week)	173 (15%)	134 (15%)
I don't know	39 (4%)	48 (5%)

### Results by Age Group

	<b>18-24</b>	<b>25-34</b>	<b>35-44</b>	<b>45-54</b>	<b>55-64</b>	<b>65+</b>
Total	<b>560</b>	<b>421</b>	<b>617</b>	<b>226</b>	<b>128</b>	<b>55</b>
2 times or less per week	187 (33%)	144 (34%)	200 (32%)	81 (36%)	45 (35%)	18 (33%)
Never (0 times per week)	48 (9%)	37 (9%)	24 (4%)	21 (9%)	19 (15%)	9 (16%)
1-2 times per week	139 (25%)	107 (25%)	176 (29%)	60 (27%)	26 (20%)	9 (16%)
3-4 times per week	172 (31%)	125 (30%)	181 (29%)	70 (31%)	25 (20%)	13 (24%)
5-6 times per week	76 (14%)	81 (19%)	117 (19%)	32 (14%)	31 (24%)	15 (27%)
Always (7 times per week)	74 (13%)	59 (14%)	107 (17%)	36 (16%)	24 (19%)	7 (13%)
I don't know	51 (9%)	12 (3%)	12 (2%)	7 (3%)	3 (2%)	2 (4%)

### Results by Generation

	Gen Z (18-22)	Millennial (23-38)	Gen X (39-54)	Baby Boomer (55-73)	Silent Generation (74+)
<b>Total</b>	<b>450</b>	<b>754</b>	<b>620</b>	<b>178</b>	<b>5</b>
2 times or less per week	145 (32%)	258 (34%)	209 (34%)	61 (34%)	2 (40%)
Never (0 times per week)	39 (9%)	55 (7%)	36 (6%)	27 (15%)	1 (20%)
1-2 times per week	106 (24%)	203 (27%)	173 (28%)	34 (19%)	1 (20%)
3-4 times per week	138 (31%)	235 (31%)	175 (28%)	36 (20%)	2 (40%)
5-6 times per week	63 (14%)	130 (17%)	113 (18%)	45 (25%)	1 (20%)
Always (7 times per week)	60 (13%)	106 (14%)	110 (18%)	31 (17%)	0 (0%)
I don't know	44 (10%)	25 (3%)	13 (2%)	5 (3%)	0 (0%)

One-quarter of Baby Boomers (25%) obtain 7 hours or more of sleep 5 to 6 times per week.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>566</b>	<b>422</b>	<b>710</b>	<b>309</b>
2 times or less per week	203 (36%)	131 (31%)	248 (35%)	93 (30%)
Never (0 times per week)	36 (6%)	30 (7%)	60 (8%)	32 (10%)
1-2 times per week	167 (30%)	101 (24%)	188 (26%)	61 (20%)
3-4 times per week	160 (28%)	133 (32%)	202 (28%)	91 (29%)
5-6 times per week	89 (16%)	81 (19%)	124 (17%)	58 (19%)
Always (7 times per week)	92 (16%)	60 (14%)	111 (16%)	44 (14%)
I don't know	22 (4%)	17 (4%)	25 (4%)	23 (7%)

### General Population (Non-Parents) vs Parent

	Non-Parents	Parents
<b>Total</b>	<b>1,002</b>	<b>1,005</b>
2 times or less per week	355 (35%)	320 (32%)
Never (0 times per week)	118 (12%)	40 (4%)
1-2 times per week	237 (24%)	280 (28%)
3-4 times per week	264 (26%)	322 (32%)
5-6 times per week	167 (17%)	185 (18%)
Always (7 times per week)	145 (14%)	162 (16%)
I don't know	71 (7%)	16 (2%)

Nearly a third of parents (32%) obtain 7 or more hours of sleep 3 to 4 times per week.

### 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/>).