

AASM Sleep Prioritization Survey COVID-somnia



**Sleep Prioritization
Survey
2021**

Survey Methodology

The American Academy of Sleep Medicine (AASM) commissioned an online survey of 2,006 adults in the U.S. The margin of error fell within +/- 2 percentage points with a confidence interval of 95%. The fieldwork took place from March 11-15, 2021. Atomik Research is an independent market research agency.

Question

- Have you been experiencing an increase in sleep disturbances since the beginning of the pandemic, a.k.a. "COVID-somnia"?

Results

- Over half of Americans (56%) say they have experienced "COVID-somnia," an increase in sleep disturbances since the beginning of the pandemic.

Overall COVID-somnia Sleep Disturbances

Total	2,006
Yes	1,128 (56%)
No	878 (44%)

Results by Gender

	Male	Female
Total	967	1,039
Yes	567 (59%)	561 (54%)
No	400 (41%)	478 (46%)

Men (59%) were more likely than women (54%) to report COVID-somnia sleep disturbances.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Yes	173 (59%)	226 (57%)	320 (70%)	206 (60%)	118 (48%)	85 (32%)
No	120 (41%)	170 (43%)	136 (30%)	140 (40%)	129 (52%)	183 (68%)

Those 35-44 had the highest rate of COVID-somnia at 70%.

Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
Total	293	700	557	404	52
Yes	173 (59%)	448 (64%)	330 (59%)	164 (41%)	13 (25%)
No	120 (41%)	252 (36%)	227 (41%)	240 (59%)	39 (75%)

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Yes	234 (63%)	269 (57%)	370 (52%)	255 (58%)
No	138 (37%)	206 (43%)	347 (48%)	187 (42%)

Those in the northeast were most likely to report sleep disturbances (63%) while just over half (52%) of respondents in the south experienced COVID-somnia.

Question

- Those who answered yes to experiencing “COVID-somnia” were asked: What sleep disturbances are you experiencing?

Results

- Of those who reported sleep disturbances, most common was trouble falling or staying asleep (57%). Additional disturbances included sleeping less (46%), experiencing worse quality sleep (45%) and having more disturbing dreams (36%).

Overall Types of COVID-somnia Sleep Disturbances

Total	1,128
More trouble falling or staying asleep	642 (57%)
Less nightly sleep	518 (46%)
Worse quality sleep	512 (45%)
More disturbing dreams	406 (36%)
Other	12 (1%)

Results by Gender

	Male	Female
Total	567	561
More trouble falling or staying asleep	265 (47%)	377 (67%)
Less nightly sleep	233 (41%)	285 (51%)
Worse quality sleep	231 (41%)	281 (50%)
More disturbing dreams	217 (38%)	189 (34%)
Other	4 (1%)	8 (1%)

More than two-thirds of women with COVID-somnia reported trouble staying or falling asleep, while less than half of men did.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	173	226	320	206	118	85
More trouble falling or staying asleep	87 (50%)	142 (63%)	164 (51%)	107 (52%)	76 (64%)	66 (78%)
Less nightly sleep	75 (43%)	108 (48%)	135 (42%)	97 (47%)	65 (55%)	38 (45%)
Worse quality sleep	67 (39%)	109 (48%)	136 (43%)	103 (50%)	62 (53%)	35 (41%)
More disturbing dreams	62 (36%)	76 (34%)	126 (39%)	71 (34%)	44 (37%)	27 (32%)
Other	1 (1%)	0 (0%)	2 (1%)	4 (2%)	3 (3%)	2 (2%)

Those 55 and older were most likely to report trouble falling or staying asleep.

Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
Total	173	448	330	164	13
More trouble falling or staying asleep	87 (50%)	256 (57%)	171 (52%)	117 (71%)	11 (85%)
Less nightly sleep	75 (43%)	210 (47%)	144 (44%)	82 (50%)	7 (54%)
Worse quality sleep	67 (39%)	200 (45%)	161 (49%)	78 (48%)	6 (46%)
More disturbing dreams	62 (36%)	160 (36%)	121 (37%)	60 (37%)	3 (23%)
Other	1 (1%)	2 (2%)	6 (2%)	3 (2%)	0 (0%)

Results by Region

	Northeast	Midwest	South	West
Total	234	269	370	255
More trouble falling or staying asleep	112 (48%)	164 (61%)	220 (59%)	146 (57%)
Less nightly sleep	105 (45)	120 (45%)	178 (48%)	115 (45%)
Worse quality sleep	95 (41%)	124 (46%)	175 (47%)	118 (46%)
More disturbing dreams	82 (35%)	104 (39%)	140 (38%)	80 (31%)
Other	1 (0%)	2 (1%)	6 (2%)	3 (1%)

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/>).