

# AASM Sleep Prioritization Survey

## Discussing Sleep Problems with a Medical Provider



**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 ever discussed sleep problems with a medical provider?

### Results

- Half (50%) of respondents have never discussed sleep problems with a medical provider.
- Adults ages 65+ (63%) and 55-64 (60%) are least likely to have discussed sleep problems with a medical provider, compared to younger age groups.
- Women (55%) are less likely to have discussed sleep problems with a medical provider than men (45%).

### Overall Results

<b>Total</b>	<b>2,006</b>
No	1,004 (50%)
Yes, in the last 12 months	754 (38%)
Yes, more than 12 months ago	248 (12%)

Half (50%) of respondents have never discussed sleep problems with a medical provider.

### Results by Gender

	Male	Female
<b>Total</b>	<b>967</b>	<b>1,039</b>
No	434 (45%)	570 (55%)
Yes, in the last 12 months	415 (43%)	339 (33%)
Yes, more than 12 months ago	118 (12%)	130 (13%)

Women (55%) are less likely to have discussed sleep problems with a medical provider than men (45%).

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>293</b>	<b>396</b>	<b>456</b>	<b>346</b>	<b>247</b>	<b>268</b>
No	136 (46%)	214 (54%)	179 (39%)	157 (45%)	148 (60%)	170 (63%)
Yes, in the last 12 months	132 (45%)	145 (37%)	218 (48%)	134 (39%)	66 (27%)	59 (22%)
Yes, more than 12 months ago	25 (9%)	37 (9%)	59 (13%)	55 (16%)	33 (13%)	39 (15%)

Adults ages 65+ (63%) and 55-64 (60%) are the least likely to have discussed sleep problems with a medical provider, compared to younger age groups.

### Results by Generation

	<b>Gen Z (18-24)</b>	<b>Millennial (25-40)</b>	<b>Gen X (41-56)</b>	<b>Baby Boomer (57-75)</b>	<b>Silent Generation (76+)</b>
<b>Total</b>	<b>293</b>	<b>700</b>	<b>557</b>	<b>404</b>	<b>52</b>
No	136 (46%)	334 (48%)	253 (45%)	246 (61%)	35 (67%)
Yes, in the last 12 months	132 (45%)	286 (41%)	228 (41%)	95 (24%)	13 (25%)
Yes, more than 12 months ago	25 (9%)	80 (11%)	76 (14%)	63 (16%)	4 (8%)

Older adults are less likely to have discussed sleep problems with a medical provider, compared to younger generations.

### Results by Region

	<b>Northeast</b>	<b>Midwest</b>	<b>South</b>	<b>West</b>
<b>Total</b>	<b>372</b>	<b>475</b>	<b>717</b>	<b>442</b>
No	164 (44%)	236 (50%)	379 (53%)	225 (51%)
Yes, in the last 12 months	161 (43%)	185 (39%)	255 (36%)	153 (35%)
Yes, more than 12 months ago	47 (13%)	54 (11%)	83 (12%)	64 (14%)

More respondents living in the Northeast region (43%) have discussed sleep problems with a medical provider in the last 12 months than those in any other region.

### 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/>).