

AASM Sleep Prioritization Survey

Factors Preventing Americans from Visiting a Sleep Center



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

What factors might prevent you from going to a sleep center to get help for a sleep problem?

Results

- Financial (38%) and COVID-19 safety concerns (37%) were cited as the top factors that might prevent respondents from going to a sleep center for help with a sleep problem. Other factors include the lack of familiarity with sleep centers (29%), accessibility (23%) and concerns about getting treatment (20%).

Overall Results

Total	2,006
Financial concerns or health insurance limitations	764 (38%)
Safety concerns due to COVID-19	740 (37%)
Concerns about sleeping overnight at a sleep center	568 (28%)
Concerns about getting treatment for a sleep disorder	404 (20%)
Lack of familiarity with sleep centers or where to find one	584 (29%)
Lack of sleep centers near home	460 (23%)
Other (Please Specify)	44 (2%)
None of the above	295 (15%)

Nearly 40% of respondents say that financial concerns or health insurance limitations (38%) and safety concerns due to COVID-19 (37%) are top factors preventing them from going to a sleep center for a sleep problem.

Results by Gender

	Male	Female
Total	967	1,039
Financial concerns or health insurance limitations	344 (36%)	420 (40%)
Safety concerns due to COVID-19	383 (40%)	357 (34%)
Concerns about sleeping overnight at a sleep center	265 (27%)	303 (29%)
Concerns about getting treatment for a sleep disorder	247 (26%)	157 (15%)
Lack of familiarity with sleep centers or where to find one	269 (28%)	315 (30%)
Lack of sleep centers near home	217 (22%)	243 (23%)
Other (Please Specify)	14 (1%)	30 (3%)
None of the above	118 (12%)	177 (17%)

Men (26%) are more likely than women (15%) to report concerns about getting treatment for a sleep disorder.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Financial concerns or health insurance limitations	88 (30%)	161 (41%)	182 (40%)	139 (40%)	107 (43%)	87 (32%)
Safety concerns due to COVID-19	87 (30%)	141 (36%)	179 (39%)	130 (38%)	92 (37%)	111 (41%)
Concerns about sleeping overnight at a sleep center	71 (24%)	117 (30%)	127 (28%)	106 (31%)	64 (26%)	83 (31%)
Concerns about getting treatment for a sleep disorder	66 (23%)	85 (21%)	133 (29%)	60 (17%)	34 (14%)	26 (10%)
Lack of familiarity with sleep centers or where to find one	91 (31%)	138 (35%)	123 (27%)	94 (27%)	69 (28%)	69 (26%)
Lack of sleep centers near home	73 (25%)	105 (27%)	131 (29%)	59 (17%)	47 (19%)	45 (17%)
Other (Please Specify)	1 (0%)	5 (1%)	7 (2%)	9 (3%)	9 (4%)	13 (5%)
None of the above	43 (15%)	57 (14%)	34 (7%)	49 (14%)	44 (18%)	68 (25%)

Respondents aged 18-24 are the least concerned about safety due to COVID-19 (30%).

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
Financial concerns or health insurance limitations	88 (30%)	289 (41%)	219 (39%)	155 (38%)	13 (25%)
Safety concerns due to COVID-19	87 (30%)	266 (38%)	202 (36%)	164 (41%)	21 (40%)
Concerns about sleeping overnight at a sleep center	71 (24%)	200 (29%)	165 (30%)	114 (28%)	18 (35%)
Concerns about getting treatment for a sleep disorder	66 (23%)	181 (26%)	106 (19%)	45 (11%)	6 (12%)
Lack of familiarity with sleep centers or where to find one	91 (31%)	221 (32%)	144 (26%)	113 (28%)	15 (29%)
Lack of sleep centers near home	73 (25%)	191 (27%)	115 (21%)	74 (18%)	7 (13%)
Other (Please Specify)	1 (0%)	10 (1%)	12 (2%)	19 (5%)	2 (4%)
None of the above	43 (15%)	78 (11%)	72 (13%)	88 (22%)	14 (27%)

Concerns about getting treatment for a sleep disorder are higher among Gen Z (23%) and Millennials (26%) than among other adults.

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Financial concerns or health insurance limitations	128 (34%)	187 (39%)	284 (40%)	165 (37%)
Safety concerns due to COVID-19	140 (38%)	163 (34%)	269 (38%)	168 (38%)
Concerns about sleeping overnight at a sleep center	112 (30%)	137 (29%)	186 (26%)	133 (30%)
Concerns about getting treatment for a sleep disorder	90 (24%)	108 (23%)	132 (18%)	74 (17%)
Lack of familiarity with sleep centers or where to find one	99 (27%)	140 (29%)	204 (28%)	141 (32%)
Lack of sleep centers near home	99 (27%)	98 (21%)	172 (24%)	91 (21%)
Other (Please Specify)	5 (1%)	12 (3%)	17 (2%)	10 (2%)
None of the above	41 (11%)	69 (15%)	119 (17%)	66 (15%)

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/>).