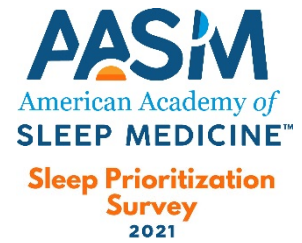


AASM Sleep Prioritization Survey

Awareness of Obstructive Sleep Apnea Symptoms



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

Do you know the symptoms of obstructive sleep apnea (OSA)?

Results

- Nearly half of respondents (48%) report that they do not know the symptoms of OSA.

Overall Results

Total	2,006
Yes	1,034 (52%)
No	972 (48%)

Nearly half of respondents (48%) report that they do not know the symptoms of OSA.

Results by Gender

	Male	Female
Total	967	1,039
Yes	573 (59%)	461 (44%)
No	394 (41%)	578 (56%)

Men (59%) are more likely to report that they know the symptoms of OSA than women (44%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	293	396	456	346	247	268
Yes	135 (46%)	188 (47%)	298 (65%)	184 (53%)	117 (47%)	112 (42%)
No	158 (54%)	208 (53%)	158 (35%)	162 (47%)	130 (53%)	156 (58%)

Respondents ages 35-44 are the most likely (65%) to report that they know the symptoms of OSA, while those ages 65+ are the least likely to report that they know the symptoms (42%).

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	135 (46%)	389 (56%)	304 (55%)	186 (46%)	20 (38%)
No	158 (54%)	311 (44%)	253 (45%)	218 (54%)	32 (62%)

More than half of Millennials (56%) and Gen X (55%) respondents report that they know the symptoms of OSA.

Results by Region

	Northeast	Midwest	South	West
Total	372	475	717	442
Yes	193 (52%)	262 (55%)	362 (50%)	217 (49%)
No	179 (48%)	213 (45%)	355 (50%)	225 (51%)

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/>).