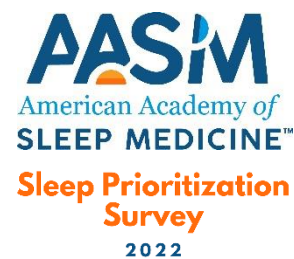


AASM Sleep Prioritization Survey

Americans Productivity Impacted by Sleepiness



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,010 adults in the U.S. The overall margin of error fell within +/- 2 percentage points with a confidence interval of 95 percent. Fieldwork took place between Feb. 17-24, 2022. Atomik Research is an independent market research agency.

Question

How often does sleepiness affect your daily activities?

Results

- 81% of women say that sleepiness affects their daily activities, compared to 74% of men.
 - Note: This reflects NET (always or almost always, often and sometimes)

Overall Results

Total	2,010
NET	1,568 (78%)
Always or almost always	286 (14%)
Often	539 (27%)
Sometimes	743 (37%)
Rarely	334 (17%)
Never	108 (5%)
Rarely or never	442 (22%)

41% of Americans find that sleepiness always or often affects their ability to complete daily activities.

Results by Gender

	Male	Female
Total	1,002	1,008
NET	747 (74%)	821 (81%)
Always or almost always	131 (13%)	155 (15%)
Often	244 (24%)	295 (29%)
Sometimes	372 (37%)	371 (37%)
Rarely	203 (20%)	131 (13%)
Never	52 (5%)	56 (6%)
Rarely or never	255 (25%)	187 (19%)

44% of women say that sleepiness always, almost always or often affects their daily activities, compared to 37% of men.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
NET	251 (83%)	333 (84%)	388 (85%)	289 (85%)	173 (72%)	134 (51%)
Always or almost always	61 (20%)	71 (18%)	78 (17%)	47 (14%)	24 (10%)	5 (2%)
Often	85 (28%)	115 (29%)	127 (28%)	107 (31%)	63 (26%)	42 (16%)
Sometimes	105 (35%)	147 (37%)	183 (40%)	135 (40%)	86 (36%)	87 (33%)
Rarely	35 (12%)	48 (12%)	60 (13%)	42 (12%)	52 (21%)	97 (37%)
Never	16 (5%)	20 (5%)	13 (3%)	10 (3%)	17 (7%)	32 (12%)
Rarely or never	51 (17%)	68 (17%)	73 (16%)	52 (15%)	69 (29%)	129 (49%)

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	347	702	539	364	58
NET	290 (84%)	583 (83%)	456 (84%)	210 (58%)	29 (51%)
Always or almost always	68 (20%)	127 (18%)	74 (14%)	16 (4%)	1 (2%)
Often	100 (29%)	194 (28%)	164 (30%)	72 (20%)	9 (16%)
Sometimes	122 (35%)	262 (37%)	218 (40%)	122 (34%)	19 (33%)
Rarely	41 (12%)	90 (13%)	64 (12%)	115 (32%)	24 (41%)
Never	16 (5%)	29 (4%)	19 (4%)	39 (11%)	5 (9%)
Rarely or never	57 (16%)	119 (17%)	83 (15%)	154 (42%)	29 (50%)

49% of Gen Z, 46% of Millennials and 44% of Gen X say their daily activities are always or often impacted by sleepiness, higher than Baby Boomers and the Silent Generation.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
NET	298 (78%)	395 (82%)	542 (78%)	333 (75%)
Always or almost always	65 (17%)	77 (16%)	97 (14%)	47 (11%)
Often	113 (30%)	135 (28%)	174 (25%)	117 (26%)
Sometimes	120 (31%)	183 (38%)	271 (39%)	169 (38%)
Rarely	60 (16%)	69 (14%)	118 (17%)	87 (20%)
Never	24 (6%)	17 (4%)	43 (6%)	24 (5%)
Rarely or never	84 (22%)	86 (18%)	161 (23%)	111 (25%)

47% of surveyors that live in the American Northeast say their daily activities are always or often affected by sleepiness, compared to 44% in the Midwest, 39% in the South and 37% in the West.

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/>).