

# AASM Sleep Prioritization Survey

## Drinking Alcohol Past Bedtime



**Sleep Prioritization Survey**  
2022

### 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 have you lost sleep because you stayed up “past your bedtime” to drink alcohol?

### Results

- 61% of men say that they have lost sleep due to staying up “past their bedtime” to drink alcohol.
  - Note: This reflects those answering (“often,” “sometimes” and “rarely”)

### Overall Results

<b>Total</b>	2,010
Often	245 (12%)
Sometimes	497 (25%)
Rarely	396 (20%)
Never	831 (41%)
I don't know	41 (2%)

57% of Americans lose sleep due to drinking alcohol past their bedtime.

### Results by Gender

	Male	Female
<b>Total</b>	1,002	1,008
Often	150 (15%)	95 (9%)
Sometimes	284 (28%)	213 (21%)
Rarely	183 (18%)	213 (21%)
Never	360 (36%)	471 (47%)
I don't know	25 (2%)	16 (2%)

61% of men say that they have lost sleep due to staying up to drink alcohol, as opposed to 51% of women.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	302	401	461	341	242	263
Often	43 (14%)	59 (15%)	79 (17%)	41 (12%)	14 (6%)	9 (3%)
Sometimes	78 (26%)	129 (32%)	138 (30%)	89 (26%)	45 (19%)	18 (7%)
Rarely	62 (21%)	79 (20%)	89 (19%)	62 (18%)	50 (21%)	54 (21%)
Never	113 (37%)	126 (31%)	143 (31%)	144 (42%)	130 (54%)	175 (67%)
I don't know	6 (2%)	8 (2%)	12 (3%)	5 (1%)	3 (1%)	7 (3%)

67% of adults ages 25-44 have lost sleep due to drinking alcohol past bedtime.

### Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
<b>Total</b>	347	702	539	364	58
Often	53 (15%)	114 (16%)	60 (11%)	15 (4%)	3 (5%)
Sometimes	91 (26%)	210 (30%)	149 (28%)	42 (12%)	5 (9%)
Rarely	71 (20%)	141 (20%)	95 (18%)	77 (21%)	12 (21%)
Never	126 (36%)	220 (31%)	227 (42%)	220 (60%)	38 (66%)
I don't know	6 (2%)	17 (2%)	8 (1%)	10 (3%)	0 (0%)

66% of Millennials have lost sleep due to drinking at night, which is 10% more than Gen X.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>382</b>	<b>481</b>	<b>703</b>	<b>444</b>
Often	55 (14%)	58 (12%)	78 (11%)	54 (12%)
Sometimes	92 (24%)	134 (28%)	173 (25%)	98 (22%)
Rarely	68 (18%)	99 (21%)	138 (20%)	91 (20%)
Never	158 (41%)	180 (37%)	297 (42%)	196 (44%)
I don't know	9 (2%)	10 (2%)	17 (2%)	5 (1%)

61% of Midwesterners have lost sleep due to drinking “past their bedtime,” the highest percentage in the country.

### 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/>).