

AASM Sleep Prioritization Survey

Playing Video Games Past Bedtime



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 play video games?

Results

- 75% of men have stayed up “past their bedtime” and lost sleep due to playing video games.
 - Note: This reflects those answering (“often,” “sometimes” and “rarely”)

Overall Results

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Total	2,010
Often	475 (24%)
Sometimes	588 (29%)
Rarely	323 (16%)
Never	598 (30%)
I don't know	26 (1%)

68% of Americans lose sleep due to playing video games past bedtime.

Results by Gender

	Male	Female
Total	1,002	1,008
Often	287 (29%)	188 (19%)
Sometimes	308 (31%)	280 (28%)
Rarely	153 (15%)	170 (17%)
Never	243 (24%)	355 (35%)
I don't know	11 (1%)	15 (1%)

75% of men lose sleep to play video games, compared to 64% of women.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Often	111 (37%)	126 (31%)	117 (25%)	75 (22%)	33 (14%)	13 (5%)
Sometimes	105 (35%)	132 (33%)	161 (35%)	97 (28%)	52 (21%)	41 (16%)
Rarely	41 (14%)	63 (16%)	77 (17%)	59 (17%)	47 (19%)	36 (14%)
Never	41 (14%)	73 (18%)	100 (22%)	106 (31%)	107 (44%)	171 (65%)
I don't know	4 (1%)	7 (2%)	6 (1%)	4 (1%)	3 (1%)	2 (1%)

83% of adults ages 18-34 have lost sleep due to playing video games.

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
Often	123 (35%)	205 (29%)	120 (22%)	23 (6%)	4 (7%)
Sometimes	118 (34%)	237 (34%)	158 (29%)	74 (20%)	1 (2%)
Rarely	53 (15%)	110 (16%)	92 (17%)	62 (17%)	6 (10%)
Never	49 (14%)	138 (20%)	164 (30%)	200 (55%)	47 (81%)
I don't know	4 (1%)	12 (2%)	5 (1%)	5 (1%)	0 (0%)

81% of the Silent Generation have never lost sleep to play video games, but 84% of Gen Z reported that they have.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Often	93 (24%)	109 (23%)	156 (22%)	117 (26%)
Sometimes	105 (27%)	143 (30%)	214 (30%)	126 (28%)
Rarely	63 (16%)	82 (17%)	104 (15%)	74 (17%)
Never	116 (30%)	140 (29%)	219 (31%)	124 (28%)
I don't know	5 (1%)	7 (1%)	10 (1%)	4 (1%)

71% of adults living in the West have lost sleep due to video games.

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/>).