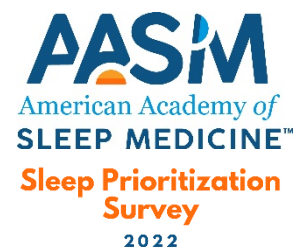


AASM Sleep Prioritization Survey

Sleep Aid Use



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

Which of the following do you use occasionally or on a regular basis to help you fall asleep or stay asleep?

Results

- 64% of Americans use some type of substance occasionally or on a regular basis to help them fall asleep or stay asleep. Twenty-three percent report use of prescription medication, 27% use Melatonin and 20% use Marijuana or CBD.

Overall Results

Total	2,010
Any substance (NET)	1,283 (64%)
Prescription sleeping pills or other prescription meds (NET)	453 (23%)
Prescription sleeping pills	283 (14%)
Other prescription medications	234 (12%)
Melatonin	541 (27%)
Other over-the-counter sleep aids	239 (12%)
Other over-the-counter medications (i.e., cold or allergy medications)	159 (8%)
Herbal supplements	169 (8%)
Alcohol	221 (11%)
Marijuana or CBD	412 (20%)
Other (please specify)	35 (2%)
I don't use any substance to help me sleep	708 (35%)

35% of adults reported that they don't use any substances to help them sleep.

Results by Gender

	Male	Female
Total	1,002	1,008
Any substance (NET)	652 (65%)	631 (63%)
Prescription sleeping pills or other prescription meds (NET)	240 (24%)	213 (21%)
Prescription sleeping pills	151 (15%)	132 (13%)
Other prescription medications	123 (12%)	111 (11%)
Melatonin	256 (26%)	285 (28%)
Other over-the-counter sleep aids	108 (11%)	131 (13%)
Other over-the-counter medications (i.e., cold or allergy medications)	77 (8%)	82 (8%)
Herbal supplements	84 (8%)	85 (8%)
Alcohol	138 (14%)	83 (8%)
Marijuana or CBD	207 (21%)	205 (20%)
Other (please specify)	15 (1%)	20 (2%)
I don't use any substance to help me sleep	342 (34%)	366 (36%)

Men (65%) are slightly more likely to use sleep aids to fall asleep or stay asleep than women (63%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Any substance (NET)	218 (72%)	270 (67%)	323 (70%)	227 (67%)	128 (53%)	117 (44%)
Prescription sleeping pills or other prescription meds (NET)	80 (26%)	97 (24%)	120 (26%)	81 (24%)	38 (16%)	37 (14%)
Prescription sleeping pills	52 (17%)	70 (17%)	66 (14%)	51 (15%)	22 (9%)	22 (8%)
Other prescription medications	34 (11%)	47 (12%)	70 (15%)	44 (13%)	20 (8%)	19 (7%)
Melatonin	96 (32%)	119 (30%)	139 (30%)	90 (26%)	49 (20%)	48 (18%)
Other over-the-counter sleep aids	21 (7%)	43 (11%)	65 (14%)	51 (15%)	29 (12%)	30 (11%)
Other over-the-counter medications (i.e., cold or allergy medications)	24 (8%)	32 (8%)	41 (9%)	23 (7%)	18 (7%)	21 (8%)
Herbal supplements	23 (8%)	48 (12%)	50 (11%)	26 (8%)	12 (5%)	10 (4%)
Alcohol	29 (10%)	43 (11%)	66 (14%)	57 (17%)	18 (7%)	8 (3%)
Marijuana or CBD	85 (28%)	82 (20%)	111 (24%)	80 (23%)	39 (16%)	15 (6%)
Other (please specify)	2 (1%)	5 (1%)	10 (2%)	7 (2%)	8 (3%)	3 (1%)
I don't use any substance to help me sleep	82 (27%)	128 (32%)	135 (29%)	111 (33%)	108 (45%)	144 (55%)

Those aged 18-24 (28%) are most likely to use marijuana or CBD to help fall asleep or stay asleep, compared to just 6% of those over 65.

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
Any substance (NET)	250 (72%)	477 (68%)	360 (67%)	172 (47%)	24 (41%)
Prescription sleeping pills or other prescription meds (NET)	96 (28%)	177 (25%)	118 (22%)	56 (15%)	6 (10%)
Prescription sleeping pills	62 (18%)	113 (16%)	71 (13%)	33 (9%)	4 (7%)
Other prescription medications	47 (14%)	90 (13%)	66 (12%)	28 (8%)	3 (5%)
Melatonin	110 (32%)	202 (29%)	156 (29%)	61 (17%)	12 (21%)
Other over-the- counter sleep aids	26 (7%)	87 (12%)	78 (14%)	38 (10%)	10 (17%)
Other over-the- counter medications (i.e., cold or allergy medications)	30 (9%)	55 (8%)	47 (9%)	22 (6%)	5 (9%)
Herbal supplements	29 (8%)	84 (12%)	39 (7%)	15 (4%)	2 (3%)
Alcohol	34 (10%)	89 (13%)	77 (14%)	20 (5%)	1 (2%)
Marijuana or CBD	95 (27%)	155 (22%)	126 (23%)	33 (9%)	3 (5%)
Other (please specify)	2 (1%)	12 (2%)	17 (3%)	3 (1%)	1 (2%)
I don't use any substance to help me sleep	95 (27%)	220 (31%)	170 (32%)	190 (52%)	33 (57%)

28% of Gen Z, 25% of Millennials and 22% of Gen X use prescription medications to help them fall or stay asleep, higher than Baby Boomers (15%) and the Silent Generation (10%).

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Any substance (NET)	235 (62%)	305 (63%)	444 (63%)	299 (67%)
Prescription sleeping pills or other prescription meds (NET)	91 (24%)	104 (22%)	154 (22%)	104 (23%)
Prescription sleeping pills	60 (16%)	60 (12%)	99 (14%)	64 (14%)
Other prescription medications	49 (13%)	58 (12%)	76 (11%)	51 (11%)
Melatonin	87 (23%)	134 (28%)	193 (27%)	127 (29%)
Other over-the-counter sleep aids	35 (9%)	61 (13%)	79 (11%)	64 (14%)
Other over-the-counter medications (i.e., cold or allergy medications)	23 (6%)	42 (9%)	45 (6%)	49 (11%)
Herbal supplements	23 (6%)	41 (9%)	56 (8%)	49 (11%)
Alcohol	37 (10%)	52 (11%)	79 (11%)	53 (12%)
Marijuana or CBD	73 (19%)	98 (20%)	135 (19%)	106 (24%)
Other (please specify)	6 (2%)	7 (1%)	13 (2%)	9 (2%)
I don't use any substance to help me sleep	143 (37%)	172 (36%)	254 (36%)	139 (31%)

67% of Americans who live in the West use a substance to help them fall asleep or stay asleep, which is 4% higher than those in other regions.

Those in the West (24%) are also most likely to use Marijuana or CBD to help fall asleep or stay asleep.

Question

Has your use of sleep aids increased during the COVID-19 pandemic?

Results

- Of those who use a substance to help them sleep, 37% say that their use of sleep aids increased during the COVID-19 pandemic.

Overall Results

Total	1283
Yes	474 (37%)
No	740 (58%)
I don't know	69 (5%)

Results by Gender

	Male	Female
Total	652	631
Yes	240 (37%)	234 (37%)
No	380 (58%)	360 (57%)
I don't know	32 (5%)	37 (6%)

37% of both males and females who use sleep aids reported an increase in their use during the COVID-19 pandemic.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	218	270	323	227	128	117
Yes	88 (40%)	121 (45%)	132 (41%)	73 (32%)	43 (34%)	17 (15%)
No	115 (53%)	132 (49%)	176 (54%)	145 (64%)	78 (61%)	94 (80%)
I don't know	15 (7%)	17 (6%)	15 (5%)	9 (4%)	7 (5%)	6 (5%)

45% of those ages 25-34 reported that their use of sleep aids has increased during the pandemic, which is 8% higher than the national average.

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	250	477	360	172	24
Yes	99 (40%)	209 (44%)	127 (35%)	37 (22%)	2 (8%)
No	134 (54%)	242 (51%)	218 (61%)	125 (73%)	21 (88%)
I don't know	17 (7%)	26 (5%)	15 (4%)	10 (6%)	1 (4%)

42% of Millennials and Gen Z have increased their use of sleep aids during the pandemic.

Results by Region

	Northeast	Midwest	South	West
Total	235	305	444	299
Yes	85 (36%)	101 (33%)	163 (37%)	125 (42%)
No	138 (59%)	188 (62%)	253 (57%)	161 (54%)
I don't know	12 (5%)	16 (5%)	28 (6%)	13 (4%)

Those living in the West who use sleep aids were most likely to increase use of sleep aids during the pandemic.

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/>).