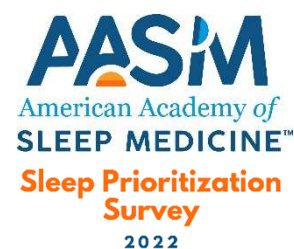


AASM Sleep Prioritization Survey

Sleeping with a Pet



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

Do you sleep in the same bed with a pet?

Results

- Nearly half of Americans (46%) sleep in the same bed with a pet.
 - Note: This reflects those answering (“always or almost always” and “sometimes”)

Overall Results

Total	2,010
Yes, always or almost always	466 (23%)
Yes, sometimes	453 (23%)
No, never	1,091 (54%)

54% of Americans have never shared a bed with their pet.

Results by Gender

	Male	Female
Total	1,002	1,008
Yes, always or almost always	209 (21%)	257 (25%)
Yes, sometimes	227 (23%)	226 (22%)
No, never	566 (56%)	525 (52%)

47% of females sleep in the same bed with a pet, compared to 44% of males

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Yes, always or almost always	62 (21%)	108 (27%)	108 (23%)	95 (28%)	51 (21%)	42 (16%)
Yes, sometimes	97 (32%)	93 (23%)	111 (24%)	70 (21%)	40 (17%)	42 (16%)
No, never	143 (47%)	200 (50%)	242 (52%)	176 (52%)	151 (62%)	179 (68%)

Nearly 70% of Americans, over the age of 65, do not sleep in the same bed with a pet.

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
Yes, always or almost always	72 (21%)	177 (25%)	139 (26%)	70 (19%)	8 (14%)
Yes, sometimes	113 (33%)	165 (24%)	109 (20%)	61 (17%)	5 (9%)
No, never	162 (47%)	360 (51%)	291 (54%)	233 (64%)	45 (78%)

54% of Gen Z adults sleep with a pet, which is 8% higher than the national average.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Yes, always or almost always	85 (22%)	100 (21%)	168 (24%)	113 (25%)
Yes, sometimes	78 (20%)	128 (27%)	143 (20%)	104 (23%)
No, never	219 (57%)	253 (53%)	392 (56%)	227 (51%)

In the Northeast, 57% of adults reported that they never sleep with a pet.

Question

If always/almost always or sometimes, how does sleeping with your pet impact your quality of sleep?

Results

- Out of those who sleep with a pet, nearly one-fifth of Americans sleep worse, nearly half (46%) sleep better.

Overall Results

Total	919
I sleep better with my pet	420 (46%)
I sleep worse with my pet	178 (19%)
I sleep the same with or without my pet	321 (35%)

35% of adults who sleep with pets, don't notice a difference when sleeping with or without a pet.

Results by Gender

	Male	Female
Total	436	483
I sleep better with my pet	195 (45%)	225 (47%)
I sleep worse with my pet	98 (22%)	80 (17%)
I sleep the same with or without my pet	143 (33%)	178 (37%)

Compared to females, males are 5% more likely to sleep worse when sharing a bed with a pet.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	159	201	219	165	91	84
I sleep better with my pet	72 (45%)	97 (48%)	94 (43%)	84 (51%)	43 (47%)	30 (36%)
I sleep worse with my pet	33 (21%)	41 (20%)	54 (25%)	28 (17%)	13 (14%)	9 (11%)
I sleep the same with or without my pet	54 (34%)	63 (31%)	71 (32%)	53 (32%)	35 (38%)	45 (54%)

More than half (51%) of those ages 45-54 sleep better with a pet.

Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
Total	185	342	248	131	13
I sleep better with my pet	86 (46%)	155 (45%)	121 (49%)	55 (42%)	3 (23%)
I sleep worse with my pet	40 (22%)	78 (23%)	45 (18%)	15 (11%)	0 (0%)
I sleep the same with or without my pet	59 (32%)	109 (32%)	82 (33%)	61 (47%)	10 (77%)

Nearly half of Gen X (49%) sleep better while sharing a bed with a pet.

Results by Region

	Northeast	Midwest	South	West
Total	163	228	311	217
I sleep better with my pet	71 (44%)	101 (44%)	141 (45%)	107 (49%)
I sleep worse with my pet	29 (18%)	55 (24%)	58 (19%)	36 (17%)
I sleep the same with or without my pet	63 (39%)	72 (32%)	112 (36%)	74 (34%)

Almost 50% of adults in the West sleep better with a pet, while 24% of those in the Midwest sleep worse.

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/>).