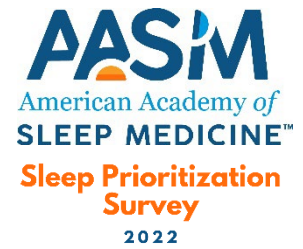


AASM Sleep Prioritization Survey

Losing Sleep to Work Worries



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 at night due to worries about work?

Results

- 73% of Americans have lost sleep due to worries about work.
 - Note: This reflects those answering (“always or almost always,” “often,” “sometimes” and “rarely”)

Overall Results

Overall Results	
Total	2,010
Always or almost always	305 (15%)
Often	418 (21%)
Sometimes	455 (23%)
Rarely	281 (14%)
Never	551 (27%)

73% of Americans have lost sleep due to worries about work.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	154 (15%)	151 (15%)
Often	222 (22%)	196 (19%)
Sometimes	234 (23%)	221 (22%)
Rarely	155 (15%)	126 (13%)
Never	237 (24%)	314 (31%)

75% of males have lost due to worries about work, which is 6% higher than females. (69%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	302	401	461	341	242	263
Always or almost always	73 (24%)	86 (21%)	72 (16%)	55 (16%)	14 (6%)	5 (2%)
Often	83 (27%)	119 (30%)	118 (26%)	60 (18%)	24 (10%)	14 (5%)
Sometimes	79 (26%)	98 (24%)	127 (28%)	64 (19%)	57 (24%)	30 (11%)
Rarely	20 (7%)	45 (11%)	66 (14%)	60 (18%)	45 (19%)	45 (17%)
Never	47 (16%)	53 (13%)	78 (17%)	102 (30%)	102 (42%)	169 (64%)

86% of adults ages 25-34 have lost sleep due to worries about work.

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
Always or almost always	87 (25%)	127 (18%)	82 (15%)	7 (2%)	2 (3%)
Often	98 (28%)	195 (28%)	93 (17%)	32 (9%)	0 (0%)
Sometimes	86 (25%)	193 (27%)	109 (20%)	65 (18%)	2 (3%)
Rarely	23 (7%)	86 (12%)	93 (17%)	68 (19%)	11 (19%)
Never	53 (15%)	101 (14%)	162 (30%)	192 (53%)	43 (74%)

86% of Millennials have lost sleep due to worries about work.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	62 (16%)	74 (15%)	103 (15%)	66 (15%)
Often	91 (24%)	105 (22%)	138 (20%)	84 (19%)
Sometimes	78 (20%)	112 (23%)	155 (22%)	110 (25%)
Rarely	44 (12%)	61 (13%)	105 (15%)	71 (16%)
Never	107 (28%)	129 (27%)	202 (29%)	113 (25%)

Nearly 30% (29%) of Americans living in the South have never lost sleep due to worries about work.

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/>).