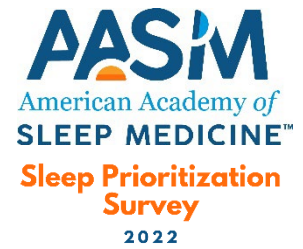


AASM Sleep Prioritization Survey

Losing Sleep to Environmental 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 the environment?

Results

- Nearly 70% of Americans (69%) have lost sleep at night due to worries about the environment. (Note: This includes those who answered “always or almost always,” “often,” “sometimes” and “rarely.”)
- One-half of those aged 18-24 claim to always, almost always or often lose sleep due to worries about the environment

Overall Results

Overall Results	
Total	2,010
Always or almost always	241 (12%)
Often	331 (16%)
Sometimes	364 (18%)
Rarely	464 (23%)
Never	610 (30%)

28% of Americans report that they have always, almost always or often lost sleep due to worries about the environment.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	137 (14%)	104 (10%)
Often	164 (16%)	167 (17%)
Sometimes	154 (15%)	210 (21%)
Rarely	227 (23%)	237 (24%)
Never	320 (32%)	290 (29%)

14% of males have always or almost always lost sleep at night due to worries about the environment, which is 4% higher than females (10%).

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	60 (20%)	68 (17%)	60 (13%)	39 (11%)	12 (5%)	2 (1%)
Often	88 (29%)	87 (22%)	79 (17%)	42 (12%)	21 (9%)	14 (5%)
Sometimes	60 (20%)	81 (20%)	99 (21%)	54 (16%)	40 (17%)	30 (11%)
Rarely	43 (14%)	75 (19%)	116 (25%)	90 (26%)	61 (25%)	79 (30%)
Never	51 (17%)	90 (22%)	107 (23%)	116 (34%)	108 (45%)	138 (52%)

One-half of those aged 18-24 always, almost always or often have lost sleep due to environmental worries.

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	74 (21%)	98 (14%)	61 (11%)	6 (2%)	2 (3%)
Often	98 (28%)	139 (20%)	72 (13%)	21 (6%)	1 (2%)
Sometimes	69 (20%)	150 (21%)	90 (17%)	50 (14%)	5 (9%)
Rarely	48 (14%)	155 (22%)	143 (27%)	104 (29%)	14 (24%)
Never	58 (17%)	160 (23%)	173 (32%)	183 (50%)	36 (62%)

Nearly 50% (49%) of Gen Z has almost, almost always or often lost sleep at night due to worries about the environment.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	58 (15%)	55 (11%)	80 (11%)	48 (11%)
Often	71 (19%)	82 (17%)	106 (15%)	72 (16%)
Sometimes	73 (19%)	83 (17%)	119 (17%)	89 (20%)
Rarely	75 (20%)	119 (25%)	161 (23%)	109 (25%)
Never	105 (27%)	142 (30%)	237 (34%)	126 (28%)

57% of Americans in the South have rarely or never lost sleep at night due to worries about the environment.

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/>).