

AASM Sleep Prioritization Survey

Losing Sleep Due to COVID-19 Worries



Sleep Prioritization Survey
2022

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 COVID-19?

Results

- 65% of Americans have lost sleep due to worries about COVID-19.
 - Note: This reflects those answering (“always or almost always,” “often,” “sometimes” and “rarely”)

Overall Results

Total	2,010
Always or almost always	230 (11%)
Often	328 (16%)
Sometimes	346 (17%)
Rarely	416 (21%)
Never	690 (34%)

One-third of Americans have never lost sleep due to worries about COVID-19.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	128 (13%)	102 (10%)
Often	153 (15%)	175 (17%)
Sometimes	152 (15%)	194 (19%)
Rarely	203 (20%)	213 (21%)
Never	366 (37%)	324 (32%)

Women (67%) are more likely than men (63%) to have lost sleep due to worries about COVID-19.

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	49 (16%)	63 (16%)	52 (11%)	42 (12%)	19 (8%)	5 (2%)
Often	57 (19%)	76 (19%)	89 (19%)	58 (17%)	28 (12%)	20 (8%)
Sometimes	56 (19%)	66 (16%)	90 (20%)	50 (15%)	40 (17%)	44 (17%)
Rarely	50 (17%)	75 (19%)	93 (20%)	80 (23%)	53 (22%)	65 (25%)
Never	90 (30%)	121 (30%)	137 (30%)	111 (33%)	102 (42%)	129 (49%)

Almost half (49%) of those aged 65+ have never lost sleep due to worries about COVID-19.

Results by Generation

	Gen Z (18-24)	Millennial (25-40)	Gen X (41-56)	Baby Boomer (57-75)	Silent Generation (76+)
Total	347	702	539	364	58
Always or almost always	61 (18%)	92 (13%)	65 (12%)	10 (3%)	2 (3%)
Often	66 (19%)	125 (18%)	101 (19%)	32 (9%)	4 (7%)
Sometimes	63 (18%)	132 (19%)	82 (15%)	62 (17%)	7 (12%)
Rarely	55 (16%)	142 (20%)	122 (23%)	85 (23%)	12 (21%)
Never	102 (29%)	211 (30%)	169 (31%)	175 (48%)	33 (57%)

Nearly one-fifth of Gen Z (18%) have “always or almost always” lost sleep due to worries about COVID-19.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	55 (14%)	58 (12%)	67 (10%)	50 (11%)
Often	70 (18%)	71 (15%)	121 (17%)	66 (15%)
Sometimes	64 (17%)	73 (15%)	120 (17%)	89 (20%)
Rarely	71 (19%)	105 (22%)	154 (22%)	86 (19%)
Never	122 (32%)	174 (36%)	241 (34%)	153 (34%)

Those in the Northeast (68%) are the most likely to have lost sleep due to worries about COVID-19, compared to those in other regions.

About the American Academy of Sleep Medicine

Established in 1975, the AASM advances sleep care and enhances sleep health to improve lives. The AASM has a combined membership of 11,000 accredited sleep centers and individuals, including physicians, scientists and other health care professionals who care for patients with sleep disorders. As the leader in the sleep field, the AASM sets standards and promotes excellence in sleep medicine health care, education and research (aasm.org).