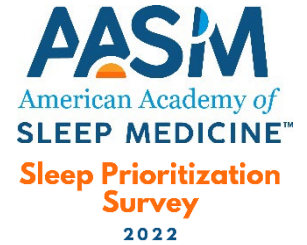


AASM Sleep Prioritization Survey

Losing Sleep Due to Health Concerns



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 health?

Results

- 86% of Americans have lost sleep due to worries about health.
 - *Note:* This reflects those answering (“always or almost always,” “often,” “sometimes” and “rarely”)

Overall Results

Total	2,010
Always or almost always	328 (16%)
Often	438 (22%)
Sometimes	554 (28%)
Rarely	409 (20%)
Never	281 (14%)

Only 14% of Americans have never lost sleep due to worries about health.

Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	151 (15%)	177 (18%)
Often	212 (21%)	226 (22%)
Sometimes	254 (25%)	300 (30%)
Rarely	224 (22%)	185 (18%)
Never	161 (16%)	120 (12%)

Women (88%) are more likely than men (83%) to have lost sleep due to worries about health.

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	58 (19%)	89 (22%)	80 (17%)	67 (20%)	22 (9%)	12 (5%)
Often	99 (33%)	95 (24%)	109 (24%)	69 (20%)	41 (17%)	25 (10%)
Sometimes	66 (22%)	93 (23%)	147 (32%)	94 (28%)	82 (34%)	72 (27%)
Rarely	42 (14%)	82 (20%)	74 (16%)	69 (20%)	59 (24%)	83 (32%)
Never	37 (12%)	42 (10%)	51 (11%)	42 (12%)	38 (16%)	71 (27%)

Those aged 65+ are most likely to have never lost sleep due to worries about health (27%).

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%)	130 (19%)	101 (19%)	20 (5%)	3 (5%)
Often	108 (31%)	163 (23%)	119 (22%)	45 (12%)	3 (5%)
Sometimes	72 (21%)	200 (28%)	154 (29%)	117 (32%)	11 (19%)
Rarely	50 (14%)	132 (19%)	100 (19%)	107 (29%)	20 (34%)
Never	43 (12%)	77 (11%)	65 (12%)	75 (21%)	21 (36%)

Slightly more than one-fifth of Gen Z (21%) have “always or almost always” lost sleep due to worries about health.

Results by Region

	Northeast	Midwest	South	West
Total	382	481	703	444
Always or almost always	69 (18%)	83 (17%)	111 (16%)	65 (15%)
Often	87 (23%)	97 (20%)	154 (22%)	100 (23%)
Sometimes	108 (28%)	131 (27%)	201 (29%)	114 (26%)
Rarely	66 (17%)	108 (22%)	139 (20%)	96 (22%)
Never	52 (14%)	62 (13%)	98 (14%)	69 (16%)

Those in the Northeast (18%) are the most likely to have “always or almost always” lost sleep due to worries about health, 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).