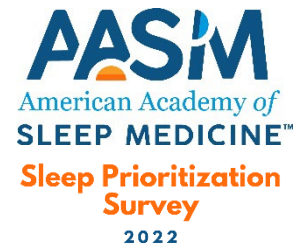


# AASM Sleep Prioritization Survey

## Losing Sleep due to Politics



### 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 politics?

### Results

- Nearly 60% (58%) of Americans report that worrying about politics keeps them up at night.
  - Note:* This reflects those answering (“always or almost always,” “often,” “sometimes” and “rarely”)

### Overall Results

Total	2,010
Always or almost always	179 (9%)
Often	261 (13%)
Sometimes	291 (14%)
Rarely	445 (22%)
Never	834 (41%)

22% of Americans report that worrying about politics always, almost always or often keeps them awake at night.

### Results by Gender

	Male	Female
Total	1,002	1,008
Always or almost always	111 (11%)	68 (7%)
Often	148 (15%)	113 (11%)
Sometimes	159 (16%)	132 (13%)
Rarely	204 (20%)	241 (24%)
Never	380 (38%)	454 (45%)

62% of males lose sleep at night due to worries about politics, which is 7% higher than females (55%).

### 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	47 (16%)	54 (13%)	35 (8%)	29 (9%)	10 (4%)	4 (2%)
Often	45 (15%)	69 (17%)	66 (14%)	39 (11%)	21 (9%)	21 (8%)
Sometimes	56 (19%)	51 (13%)	74 (16%)	42 (12%)	36 (15%)	32 (12%)
Rarely	45 (15%)	83 (21%)	109 (24%)	87 (26%)	55 (23%)	66 (25%)
Never	109 (36%)	144 (36%)	177 (38%)	144 (42%)	120 (50%)	140 (53%)

65% of adults ages 18-34 have lost sleep due to worries about politics.

### Results by Generation

	Gen Z (18-25)	Millennial (26-41)	Gen X (42-57)	Baby Boomer (58-75)	Silent Generation (76+)
<b>Total</b>	347	702	539	364	58
Always or almost always	57 (16%)	73 (10%)	40 (7%)	8 (2%)	1 (2%)
Often	53 (15%)	108 (15%)	67 (12%)	30 (8%)	3 (5%)
Sometimes	61 (18%)	107 (15%)	66 (12%)	51 (14%)	6 (10%)
Rarely	54 (16%)	160 (23%)	127 (24%)	91 (25%)	13 (22%)
Never	122 (35%)	254 (36%)	239 (44%)	184 (51%)	35 (60%)

32% of Gen Zs reported to always or often lose sleep at night due to politics compared to only 10% of Baby Boomers.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	382	481	703	444
Always or almost always	41 (11%)	48 (10%)	58 (8%)	32 (7%)
Often	49 (13%)	66 (14%)	79 (11%)	67 (15%)
Sometimes	55 (14%)	64 (13%)	89 (13%)	83 (19%)
Rarely	70 (18%)	109 (23%)	164 (23%)	102 (23%)
Never	167 (44%)	194 (40%)	313 (45%)	160 (36%)

45% Americans living in the South have never lost sleep due to worries about politics.

### 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/>).