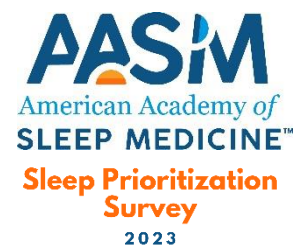


# AASM Sleep Prioritization Survey

## Losing Sleep to Environmental Worries



### Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,005 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 March 24-29, 2023. Atomik Research is an independent market research agency.

### Question

How often have you lost sleep at night due to worries about environmental issues?

### Results

- One-third of adults (32%) "always or often" lose sleep at night due to worries about environmental issues.
- Younger generations are more likely to lose sleep "always or often" due to worries about environmental issues, including 41% of Generation Z and 37% of millennials, in contrast with only 11% of baby boomers and 6% of the Silent Generation.

### Overall Results

<b>Total</b>	2,005
Always	320 (16%)
Often	321 (16%)
Sometimes	312 (16%)
Rarely	309 (15%)
Never	708 (35%)
I don't know	35 (2%)

More than half (63%) of Americans have lost sleep due to worries about environmental issues.

### Results by Gender

	Male	Female
<b>Total</b>	997	997
Always	203 (20%)	114 (11%)
Often	179 (18%)	138 (14%)
Sometimes	151 (15%)	160 (16%)
Rarely	143 (14%)	164 (16%)
Never	304 (30%)	403 (40%)
I don't know	17 (2%)	18 (2%)

Men (38%) are 13% more likely than women (25%) to say they have "always or almost always" or "often" lost sleep at night due to worries about environmental issues.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	313	456	541	367	176	152
Always	59 (19%)	89 (20%)	95 (18%)	62 (17%)	9 (5%)	6 (4%)
Often	68 (22%)	91 (20%)	88 (16%)	52 (14%)	15 (9%)	7 (5%)
Sometimes	48 (15%)	91 (20%)	102 (19%)	44 (12%)	12 (7%)	15 (10%)
Rarely	41 (13%)	64 (14%)	86 (16%)	54 (15%)	35 (20%)	29 (19%)
Never	90 (29%)	115 (25%)	155 (29%)	153 (42%)	102 (58%)	93 (61%)
I don't know	7 (2%)	6 (1%)	15 (3%)	2 (1%)	3 (2%)	2 (1%)

Over half (58%) of people over 55 say they have "never" lost sleep due to worries about environmental issues.

### Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
<b>Total</b>	388	845	526	230	16
Always	75 (19%)	161 (19%)	73 (14%)	10 (4%)	1 (6%)
Often	86 (22%)	153 (18%)	66 (13%)	16 (7%)	0 (0%)
Sometimes	65 (17%)	166 (20%)	60 (11%)	18 (8%)	3 (19%)
Rarely	49 (13%)	128 (15%)	83 (16%)	47 (20%)	2 (13%)
Never	104 (27%)	221 (26%)	238 (45%)	135 (59%)	10 (63%)
I don't know	9 (2%)	16 (2%)	6 (1%)	4 (2%)	0 (0%)

Over half (54%) of Gen X have lost sleep due to worries about environmental issues.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	385	481	701	438
Always	57 (15%)	75 (16%)	115 (16%)	73 (17%)
Often	72 (19%)	72 (15%)	98 (14%)	79 (18%)
Sometimes	61 (16%)	61 (13%)	110 (16%)	80 (18%)
Rarely	58 (15%)	78 (16%)	104 (15%)	69 (16%)
Never	131 (34%)	189 (39%)	262 (37%)	126 (29%)
I don't know	6 (2%)	6 (1%)	12 (2%)	11 (3%)

People in the South (37%) and Midwest (39%) are more likely to say they have "never" lost sleep due to worries about environmental issues.

### 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 12,000 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](http://aasm.org)).