

AASM Sleep Prioritization Survey

Pets Disrupting Sleep



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 do you experience disrupted sleep due to pets?

Results

- One-third (33%) of Americans “always” or “often” experience disrupted sleep due to pets.

Overall Results

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Total	2,005
Always	307 (15%)
Often	359 (18%)
Sometimes	385 (19%)
Rarely	273 (14%)
Never	622 (31%)
I don't know	59 (3%)

Only one-third (31%) of Americans “never” experience disrupted sleep due to pets.

Results by Gender

	Male	Female
Total	997	997
Always	188 (19%)	116 (12%)
Often	190 (19%)	166 (17%)
Sometimes	187 (19%)	197 (20%)
Rarely	144 (14%)	129 (13%)
Never	267 (27%)	352 (35%)
I don't know	21 (2%)	37 (4%)

Men (38%) are 9% more likely than women (29%) to “always” or “often” experience disrupted sleep due to pets.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Always	60 (19%)	82 (18%)	92 (17%)	58 (16%)	10 (6%)	5 (3%)
Often	65 (21%)	99 (22%)	109 (20%)	50 (14%)	24 (14%)	12 (8%)
Sometimes	56 (18%)	90 (20%)	107 (20%)	77 (21%)	31 (18%)	24 (16%)
Rarely	34 (11%)	70 (15%)	83 (15%)	37 (10%)	20 (11%)	29 (19%)
Never	88 (28%)	107 (23%)	134 (25%)	130 (35%)	83 (47%)	80 (53%)
I don't know	10 (3%)	8 (2%)	16 (3%)	15 (4%)	8 (5%)	2 (1%)

Americans aged 65+ are the most likely to “rarely” or “never” experience disrupted sleep due to pets (72%), and least likely (3%) to “always” experience disrupted sleep due to pets.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	388	845	526	230	16
Always	76 (20%)	151 (18%)	70 (13%)	10 (4%)	0 (0%)
Often	86 (22%)	179 (21%)	72 (14%)	21 (9%)	1 (6%)
Sometimes	68 (18%)	170 (20%)	104 (20%)	41 (18%)	2 (13%)
Rarely	44 (11%)	130 (15%)	61 (12%)	36 (16%)	2 (13%)
Never	101 (26%)	197 (23%)	198 (38%)	116 (50%)	10 (63%)
I don't know	13 (3%)	18 (2%)	21 (4%)	6 (3%)	1 (6%)

Gen Z (42%) and millennials (39%) are the most likely to “always” or “often” experience disrupted sleep due to pets.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Always	60 (16%)	70 (15%)	109 (16%)	68 (16%)
Often	61 (16%)	94 (20%)	114 (16%)	90 (21%)
Sometimes	76 (20%)	86 (18%)	132 (19%)	91 (21%)
Rarely	49 (13%)	75 (16%)	91 (13%)	58 (13%)
Never	122 (32%)	145 (30%)	239 (34%)	116 (26%)
I don't know	17 (4%)	11 (2%)	16 (2%)	15 (3%)

Almost one-half (47%) of people in the South “rarely” or “never” experience disrupted sleep due to pets.

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).