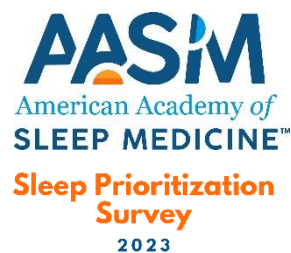


AASM Sleep Prioritization Survey

Disrupted Sleep due to Trouble Staying Asleep



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.

Questions

How often do you experience sleep disruption due to trouble staying asleep?

Results

- Over half of Americans “always” or “often” have trouble staying asleep (53%).

Overall Results

Total	2,005
Always	460 (23%)
Often	599 (30%)
Sometimes	500 (25%)
Rarely	258 (13%)
Never	160 (8%)
I don't know	28 (1%)

Only 8% of Americans report they “never” experience sleep disruption due to trouble staying asleep.

Results by Gender

	Male	Female
Total	997	997
Always	226 (23%)	231 (23%)
Often	287 (29%)	309 (31%)
Sometimes	252 (25%)	247 (25%)
Rarely	140 (14%)	116 (12%)
Never	84 (8%)	75 (8%)
I don't know	8 (1%)	19 (2%)

Men and women are equally likely to “always” experience sleep disruption due to trouble staying asleep (23%).

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Always	86 (27%)	108 (24%)	130 (24%)	87 (24%)	37 (21%)	12 (8%)
Often	84 (27%)	149 (33%)	171 (32%)	117 (32%)	46 (26%)	32 (21%)
Sometimes	60 (19%)	107 (23%)	135 (25%)	90 (25%)	54 (31%)	54 (36%)
Rarely	42 (13%)	45 (10%)	69 (13%)	40 (11%)	28 (16%)	34 (22%)
Never	34 (11%)	40 (9%)	29 (5%)	29 (8%)	9 (5%)	19 (13%)
I don't know	7 (2%)	7 (2%)	7(1%)	4 (1%)	2 (1%)	1 (1%)

Younger age groups are more likely to “always” or “often” experience sleep disruption due to trouble staying asleep.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generatio n (77+)
Total	388	845	526	230	16
Always	109 (28%)	194 (23%)	124 (24%)	33 (14%)	0 (0%)
Often	108 (28%)	268 (32%)	169 (32%)	51 (22%)	3 (19%)
Sometimes	77 (20%)	208 (25%)	129 (25%)	83 (36%)	3 (19%)
Rarely	46 (12%)	100 (12%)	65 (12%)	42 (18%)	5 (31%)
Never	40 (10%)	63 (7%)	33 (6%)	20 (9%)	4 (25%)
I don't know	8 (2%)	12 (1%)	6 (1%)	1 (0%)	1 (6%)

Those in Gen Z (56%) and Gen X (56%) are most likely to “always” or “often” experience disrupted sleep due to trouble staying asleep.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Always	88 (23%)	115 (22%)	175 (25%)	93 (21%)
Often	108 (28%)	145 (32%)	208 (30%)	129 (29%)
Sometimes	90 (23%)	122 (25%)	177 (25%)	112 (26%)
Rarely	52 (14%)	53 (12%)	85 (12%)	62 (14%)
Never	39 (10%)	37 (8%)	49 (7%)	35 (8%)
I don't know	8 (2%)	9 (1%)	7 (1%)	7 (2%)

Those in the Northeast (10%) are slightly less likely to “never” experience disrupted sleep due to trouble staying asleep.

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).