

AASM Sleep Prioritization Survey

Bedtime routines



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

Do your school-aged children and teens have a regular bedtime?

Results

- Most parents with school-aged children (81%) report that their kids have a regular bedtime.

Overall Results

Total	1,003
Yes	817 (81%)
No	150 (15%)
I don't know	36 (4%)

Most parents with school-aged children (81%) report that their kids have a regular bedtime.

Results by Gender

	Male	Female
Total	585	414
Yes	504 (86%)	312 (75%)
No	64 (11%)	84 (20%)
I don't know	17 (3%)	18 (4%)

Men (86%) are 11% more likely than women (75%) to say their school-aged children and teens have a regular bedtime.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	109	272	393	189	26	14
Yes	71 (65%)	218 (80%)	335 (85%)	165 (87%)	16 (62%)	12 (86%)
No	29 (27%)	44 (16%)	48 (12%)	20 (11%)	8 (31%)	1 (7%)
I don't know	9 (8%)	10 (4%)	10 (3%)	4 (2%)	2 (8%)	1 (7%)

Americans aged 35-44 (85%) and 45-54 (87%) are the most likely amongst all age groups to report that their children have a regular bedtime.

Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
Total	143	586	253	20	1
Yes	97 (68%)	492 (84%)	213 (84%)	15 (75%)	0 (0%)
No	36 (25%)	77 (13%)	32 (13%)	4 (20%)	1 (100%)
I don't know	10 (7%)	17 (3%)	8 (3%)	1 (5%)	0 (0%)

Those in Generation Z (18-26) are the least likely (68%) of any generation to report that their school-aged children or teens have a regular bedtime.

Results by Region

	Northeast	Midwest	South	West
Total	179	267	293	264
Yes	150 (84%)	206 (77%)	230 (78%)	231 (88%)
No	23 (13%)	52 (19%)	47 (16%)	28 (11%)
I don't know	6 (3%)	9 (3%)	16 (5%)	5 (2%)

Americans in the West (88%) and Northeast (84%) are the most likely to report that their kids have a regular bedtime.

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).