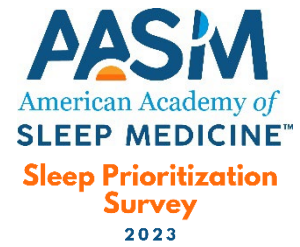


# AASM Sleep Prioritization Survey

## Children and Teen Sleep Disruptors



### 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

What factors, if any, negatively affect the sleeping schedules of your school-aged children and teens?

### Results

- Half of parents (50%) blame video games for negatively affecting the sleeping schedules of their school-aged children and teens.
- Almost half of parents (44%) blame social media for negatively affecting the sleeping schedules of their school-aged children and teens.

### Overall Results

<b>Total</b>	1,003
Homework	341 (34%)
Extra-curricular activities (e.g., sports, clubs)	281 (28%)
Friends	309 (31%)
Video games	505 (50%)
Social media	438 (44%)
Afterschool job	208 (21%)
Other	92 (9%)
None of these	140 (14%)
I don't know	43 (4%)

Half of parents (50%) blame video games for negatively affecting the sleeping schedules of their school-aged children and teens, while only one-third of parents (34%) blame homework.

### Results by Gender

	Male	Female
<b>Total</b>	585	414
Homework	215 (37%)	125 (30%)
Extra-curricular activities (e.g., sports, clubs)	197 (34%)	83 (20%)
Friends	206 (35%)	101 (24%)
Video games	337 (58%)	167 (40%)
Social media	283 (48%)	154 (37%)
Afterschool job	155 (26%)	51 (12%)
Other	60 (10%)	32 (8%)
None of these	57 (10%)	83 (20%)
I don't know	17 (3%)	25 (6%)

Fathers (58%) are 18% more likely than mothers (40%) to blame video games for negatively affecting the sleeping schedules of their children.

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	109	272	393	189	26	14
Homework	42 (39%)	77 (28%)	141 (36%)	71 (38%)	6 (23%)	4 (29%)
Extra-curricular activities (e.g., sports, clubs)	30 (28%)	65 (24%)	117 (30%)	63 (33%)	4 (15%)	2 (14%)
Friends	39 (36%)	75 (28%)	118 (30%)	64 (34%)	8 (31%)	5 (36%)
Video games	44 (40%)	130 (48%)	214 (54%)	100 (53%)	11 (42%)	6 (43%)
Social media	47 (43%)	104 (38%)	190 (48%)	83 (44%)	9 (35%)	5 (36%)
Afterschool job	22 (20%)	54 (20%)	79 (20%)	46 (24%)	6 (23%)	1 (7%)
Other	10 (9%)	26 (10%)	31 (8%)	25 (13%)	0 (0%)	0 (0%)
None of these	13 (12%)	47 (17%)	51 (13%)	21 (11%)	5 (19%)	3 (21%)
I don't know	8 (7%)	11 (4%)	15 (4%)	7 (4%)	1 (4%)	1 (7%)

American parents aged 35-44 are the most likely to blame video games (54%) and social media (48%) for negatively affecting their children's sleep schedules.

### Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
<b>Total</b>	143	586	253	20	1
Homework	55 (38%)	193 (33%)	87 (34%)	6 (30%)	0 (0%)
Extra-curricular activities (e.g., sports, clubs)	35 (24%)	172 (29%)	71 (28%)	3 (15%)	0 (0%)
Friends	53 (37%)	167 (28%)	83 (33%)	6 (30%)	0 (0%)
Video games	62 (43%)	305 (52%)	130 (51%)	8 (40%)	0 (0%)
Social media	63 (44%)	260 (44%)	107 (42%)	8 (40%)	0 (0%)
Afterschool job	32 (22%)	120 (20%)	53 (21%)	2 (10%)	1 (100%)
Other	10 (7%)	51 (9%)	31 (12%)	0 (0%)	0 (0%)
None of these	17 (12%)	81 (14%)	37 (15%)	5 (25%)	0 (0%)
I don't know	10 (7%)	24 (4%)	8 (3%)	1 (5%)	0 (0%)

Gen X parents are 30% more likely to blame video games (51%) than afterschool jobs (21%) for negatively impacting their children's sleeping schedules.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	179	267	293	264
Homework	61 (34%)	82 (31%)	88 (30%)	110 (42%)
Extra-curricular activities (e.g., sports, clubs)	58 (32%)	53 (20%)	73 (25%)	97 (37%)
Friends	60 (34%)	69 (26%)	85 (29%)	95 (36%)
Video games	92 (51%)	131 (49%)	137 (47%)	145 (55%)
Social media	88 (49%)	109 (41%)	112 (38%)	129 (49%)
Afterschool job	31 (17%)	53 (20%)	60 (20%)	64 (24%)
Other	16 (9%)	24 (9%)	28 (10%)	24 (9%)
None of these	19 (11%)	36 (13%)	52 (18%)	33 (13%)
I don't know	9 (5%)	11 (4%)	15 (5%)	8 (3%)

Over half of parents in the Northeast (51%) and the West (55%) blame video games for negatively impacting the sleeping schedules of their children.

### **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](https://aasm.org)).