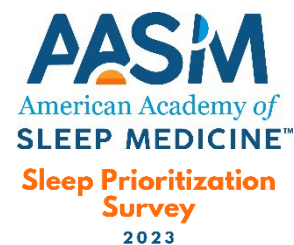


AASM Sleep Prioritization Survey

Parents Giving Melatonin to Children



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,005 adults in the U.S. Of these, 1,003 respondents have a child/children 18 or younger living with them. 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

Have you ever given melatonin to your child to help him or her fall asleep at night?

Results

- Almost half (46%) of parents have given melatonin to a child under the age of 13 to help him or her fall asleep.
- Almost a third (30%) of parents have given a teen over the age of 13 melatonin to help him or her fall asleep.

Overall Results

Overall Results	
Total	1,003
Yes, a child under the age of 13	462 (46%)
Yes, a teen 13 years of age or older	304 (30%)
No	370 (37%)
I don't know	21 (2%)

Almost half (46%) of parents have given melatonin to a child under the age of 13 to help him or her fall asleep.

Results by Gender

	Male	Female
Total	585	414
Yes, a child under the age of 13	299 (51%)	162 (39%)
Yes, a teen 13 years of age or older	209 (36%)	94 (23%)
No	199 (34%)	170 (41%)
I don't know	6 (1%)	14 (3%)

Fathers (36%) are 13% more likely than mothers (23%) to have given melatonin to a teen 13 years of age or older to help him or her fall asleep at night.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	109	272	393	189	26	14
Yes, a child under the age of 13	40 (37%)	138 (51%)	188 (48%)	84 (44%)	8 (31%)	4 (29%)
Yes, a teen 13 years of age or older	35 (32%)	49 (18%)	139 (35%)	70 (37%)	9 (35%)	2 (14%)
No	37 (34%)	102 (38%)	134 (34%)	76 (40%)	13 (50%)	8 (57%)
I don't know	6 (6%)	6 (2%)	6 (2%)	2 (1%)	0 (0%)	1 (7%)

Parents aged 25-34 (51%) are the most likely to have given melatonin to a child under the age of 13 to help him or her sleep.

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, a child under the age of 13	58 (41%)	294 (50%)	104 (41%)	6 (30%)	0 (0%)
Yes, a teen 13 years of age or older	40 (28%)	171 (29%)	88 (35%)	5 (25%)	0 (0%)
No	50 (35%)	200 (34%)	108 (43%)	11 (55%)	1 (100%)
I don't know	7 (5%)	10 (2%)	3 (1%)	1 (5%)	0 (0%)

Millennial parents (50%) are most likely to have given melatonin to a child under the age of 13 to help them sleep at night, compared to all other generations.

Results by Region

	Northeast	Midwest	South	West
Total	179	267	293	264
Yes, a child under the age of 13	74 (41%)	108 (40%)	137 (47%)	143 (54%)
Yes, a teen 13 years of age or older	52 (29%)	67 (25%)	95 (32%)	90 (34%)
No	71 (40%)	118 (44%)	92 (31%)	89 (34%)
I don't know	3 (2%)	4 (1%)	14 (5%)	0 (0%)

American parents in the West (54%) are most likely to have given melatonin to a child under the age of 13 to them sleep at night.

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).