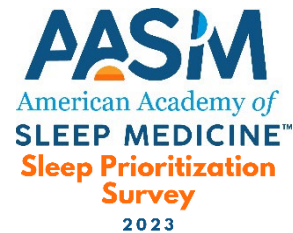


AASM Sleep Prioritization Survey

Job Security



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 have you lost sleep at night due to worries about job security?

Results

- Six in ten (59%) Americans have lost sleep due to concerns about job security.
- Younger generations are more likely to have lost sleep due to worries about job security, including 73% of Generation Z and 79% of millennials, in contrast with only 36% of baby boomers and 25% of the Silent Generation.

Overall Results

Overall Results	
Total	2,005
Always	280 (14%)
Often	450 (22%)
Sometimes	352 (18%)
Rarely	297 (15%)
Never	596 (30%)
I don't know	30 (1%)

Over one-third of adults (36%) report that they "always" or "often" lose sleep at night due to worries about job security.

Results by Gender

	Male	Female
Total	997	997
Always	177 (18%)	99 (10%)
Often	256 (26%)	191 (19%)
Sometimes	176 (18%)	175 (18%)
Rarely	150 (15%)	145 (15%)
Never	230 (23%)	365 (37%)
I don't know	8 (1%)	22 (2%)

Men (44%) are more likely than women (29%) to report they have "always" or "often" lost sleep at night due to worries about job security.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Always	55 (18%)	75 (16%)	85 (16%)	54 (15%)	8 (5%)	3 (2%)
Often	77 (25%)	125 (27%)	143 (26%)	76 (21%)	24 (14%)	5 (3%)
Sometimes	57 (18%)	91 (20%)	108 (20%)	58 (16%)	26 (15%)	12 (8%)
Rarely	37 (12%)	60 (13%)	92 (17%)	59 (16%)	31 (18%)	18 (12%)
Never	80 (26%)	98 (21%)	106 (20%)	115 (31%)	84 (48%)	113 (74%)
I don't know	7 (2%)	7 (2%)	7 (1%)	5 (1%)	3 (2%)	1 (1%)

Three-fourths (74%) of people over age 65 report they have never lost sleep at night due to worries about job security.

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	68 (18%)	137 (16%)	68 (13%)	6 (3%)	1 (6%)
Often	98 (25%)	235 (28%)	99 (19%)	18 (8%)	0 (0%)
Sometimes	71 (18%)	168 (20%)	89 (17%)	23 (10%)	1 (6%)
Rarely	47 (12%)	125 (15%)	87 (17%)	36 (16%)	2 (13%)
Never	96 (25%)	168 (20%)	176 (33%)	144 (63%)	12 (75%)
I don't know	8 (2%)	12 (1%)	7 (1%)	3 (1%)	0 (0%)

Gen Z (73%) and millennials (79%) are more likely to have lost sleep due to worries about job security than baby boomers (36%) and the Silent Generation (25%).

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Always	55 (14%)	66 (14%)	90 (13%)	69 (16%)
Often	83 (22%)	108 (22%)	154 (22%)	105 (24%)
Sometimes	70 (18%)	78 (16%)	123 (18%)	81 (18%)
Rarely	50 (13%)	84 (17%)	94 (13%)	69 (16%)
Never	120 (31%)	139 (29%)	231 (33%)	106 (24%)
I don't know	7 (2%)	6 (1%)	9 (1%)	8 (2%)

Those in the West (40%) are the most likely to report they have “always” or “often” lost sleep at night due to worries about job security.

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).