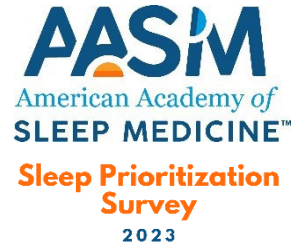


AASM Sleep Prioritization Survey

Lost Sleep Due to Marijuana Use



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 because you stayed up “past your bedtime” to use marijuana?

Results

- Nearly half of Americans (49%) have lost sleep due to “staying up past their bedtime” to use marijuana.
- Millennials (58%) and those in Generation Z (56%) or Gen X (44%) are more likely to have lost sleep due to marijuana use compared to baby boomers (19%) or those in the Silent Generation (19%).

Overall Results

Total	2,005
Often	387 (19%)
Sometimes	380 (19%)
Rarely	216 (11%)
Never	980 (49%)
I don't know	42 (2%)

Nearly half of Americans (49%) have never lost sleep due to staying up “past their bedtime” to use marijuana.

Results by Gender

	Male	Female
Total	997	997
Often	246 (25%)	138 (14%)
Sometimes	221 (22%)	155 (16%)
Rarely	119 (12%)	95 (10%)
Never	396 (40%)	582 (58%)
I don't know	15 (2%)	27 (3%)

Men (25%) are more likely than women (14%) to have often lost sleep due to “staying up past their bedtime” to use marijuana.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Often	74 (24%)	105 (23%)	118 (22%)	79 (22%)	6 (3%)	5 (3%)
Sometimes	71 (23%)	101 (22%)	117 (22%)	61 (17%)	23 (13%)	7 (5%)
Rarely	21 (7%)	65 (14%)	74 (14%)	36 (10%)	9 (5%)	11 (7%)
Never	139 (44%)	177 (39%)	221 (41%)	183 (50%)	133 (76%)	127 (84%)
I don't know	8 (3%)	8 (2%)	11 (2%)	8 (2%)	5 (3%)	2 (1%)

Almost a quarter of those aged 18-24 (24%) have often lost sleep due to staying up “past their bedtime” to use marijuana.

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
Often	90 (23%)	194 (23%)	96 (18%)	5 (2%)	2 (13%)
Sometimes	94 (24%)	180 (21%)	87 (17%)	19 (8%)	0 (0%)
Rarely	34 (9%)	117 (14%)	51 (10%)	13 (6%)	1 (6%)
Never	161 (41%)	338 (40%)	279 (53%)	189 (82%)	13 (81%)
I don't know	9 (2%)	16 (2%)	13 (2%)	4 (2%)	0 (0%)

Millennials (58%) are the most likely to have lost sleep due to staying up “past their bedtime” to use marijuana, while the Silent Generation (19%) are the least likely.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Often	69 (18%)	85 (18%)	132 (19%)	101 (23%)
Sometimes	74 (19%)	98 (20%)	109 (16%)	99 (23%)
Rarely	42 (11%)	49 (10%)	73 (10%)	52 (12%)
Never	191 (50%)	240 (50%)	373 (53%)	176 (40%)
I don't know	9 (2%)	9 (2%)	14 (2%)	10 (2%)

Over half of people who live in the West (58%) have lost sleep due to “staying up past their bedtime” to use marijuana.

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).