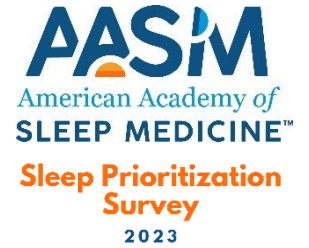


AASM Sleep Prioritization Survey

Marijuana Use to Help Fall or Stay Asleep



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

Which of the following do you use occasionally or on a regular basis to help you fall asleep or stay asleep?

Results

- One quarter of Americans (25%) said they use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.
- More parents with children under 18 living at home (30%) than non-parents (19%) turn to marijuana to help them fall asleep or stay asleep.

Overall Results

Total	2,005
Prescription sleeping pills	371 (19%)
Other prescription medications (e.g., for depression or anxiety)	336 (17%)
Melatonin	578 (29%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	433 (22%)
Other over-the-counter medications (e.g., cold or allergy medications)	327 (16%)
Herbal supplements or teas	406 (20%)
Alcohol	372 (19%)
Marijuana	497 (25%)
CBD (cannabidiol)	305 (15%)
Other	43 (2%)
I don't use anything to help me sleep	510 (25%)

One quarter of Americans (25%) use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.

Results by Parent Status

	Parents with a child under 18 living at home	Non-Parents
Total	1,003	1,002
Prescription sleeping pills	250 (25%)	121 (12%)
Other prescription medications (e.g., for depression or anxiety)	222 (22%)	114 (11%)
Melatonin	327 (33%)	251 (25%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	272 (27%)	161 (16%)
Other over-the-counter medications (e.g., cold or allergy medications)	223 (22%)	104 (10%)
Herbal supplements or teas	276 (28%)	130 (13%)
Alcohol	249 (25%)	123 (12%)
Marijuana	304 (30%)	193 (19%)
CBD (cannabidiol)	205 (20%)	100 (10%)

Almost one-third of parents with children under the age of 18 living at home (30%) use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.

Other	20 (2%)	23 (2%)
I don't use anything to help me sleep	173 (17%)	337 (34%)

Results by Gender

	Male	Female
Total	997	997
Prescription sleeping pills	231 (23%)	137 (14%)
Other prescription medications (e.g., for depression or anxiety)	195 (20%)	140 (14%)
Melatonin	285 (29%)	288 (29%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	240 (24%)	193 (19%)
Other over-the-counter medications (e.g., cold or allergy medications)	203 (20%)	122 (12%)
Herbal supplements or teas	258 (26%)	148 (15%)
Alcohol	255 (26%)	116 (12%)
Marijuana	289 (29%)	206 (21%)
CBD (cannabidiol)	183 (18%)	119 (12%)
Other	19 (2%)	23 (2%)
I don't use anything to help me sleep	217 (22%)	291 (29%)

Men (29%) are more likely than women (21%) to use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Prescription sleeping pills	32 (10%)	86 (19%)	138 (26%)	80 (22%)	26 (15%)	9 (6%)
Other prescription medications (e.g., for depression or anxiety)	37 (12%)	81 (18%)	125 (23%)	65 (18%)	18 (10%)	10 (7%)
Melatonin	93 (30%)	138 (30%)	160 (30%)	110 (30%)	41 (23%)	36 (24%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	59 (19%)	111 (24%)	130 (24%)	88 (24%)	21 (12%)	24 (16%)
Other over-the-counter medications (e.g., cold or allergy medications)	39 (12%)	84 (18%)	105 (19%)	62 (17%)	23 (13%)	14 (9%)
Herbal supplements or teas	41 (13%)	109 (24%)	144 (27%)	77 (21%)	24 (14%)	11 (7%)
Alcohol	29 (9%)	103 (23%)	148 (27%)	60 (16%)	26 (15%)	6 (4%)
Marijuana	77 (25%)	150 (33%)	160 (30%)	80 (22%)	23 (13%)	7 (5%)
CBD (cannabidiol)	40 (13%)	80 (18%)	86 (16%)	74 (20%)	13 (7%)	12 (8%)
Other	7 (2%)	7 (2%)	15 (3%)	8 (2%)	3 (2%)	3 (2%)

One-third of Americans aged 25-34 (33%) use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.

I don't use anything to help me sleep	95 (30%)	91 (20%)	94 (17%)	88 (24%)	64 (36%)	78 (51%)
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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
Prescription sleeping pills	45 (12%)	202 (24%)	105 (20%)	18 (8%)	1 (6%)
Other prescription medications (e.g., for depression or anxiety)	49 (13%)	181 (21%)	87 (17%)	18 (8%)	1 (6%)
Melatonin	122 (31%)	246 (29%)	152 (29%)	53 (23%)	5 (31%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	76 (20%)	206 (24%)	115 (22%)	34 (15%)	2 (13%)
Other over-the-counter medications (e.g., cold or allergy medications)	56 (14%)	165 (20%)	82 (16%)	24 (10%)	0 (0%)
Herbal supplements or teas	62 (16%)	225 (27%)	97 (18%)	20 (9%)	2 (13%)
Alcohol	43 (11%)	223 (26%)	84 (16%)	22 (10%)	0 (0%)
Marijuana	101 (26%)	260 (31%)	117 (22%)	18 (8%)	1 (6%)
CBD (cannabidiol)	57 (15%)	143 (17%)	88 (17%)	15 (7%)	2 (13%)
Other	8 (2%)	18 (2%)	12 (2%)	5 (2%)	0 (0%)
I don't use anything to help me sleep	108 (28%)	154 (18%)	129 (25%)	110 (48%)	9 (56%)

Millennials (31%) are the most likely to use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep, while the Silent Generation (6%) are the least likely.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Prescription sleeping pills	67 (17%)	72 (15%)	128 (18%)	104 (24%)
Other prescription medications (e.g., for depression or anxiety)	67 (17%)	71 (15%)	110 (16%)	88 (20%)
Melatonin	102 (26%)	146 (30%)	201 (29%)	129 (29%)
Other over-the-counter sleep aids (e.g., Tylenol PM, ZzzQuil)	66 (17%)	83 (17%)	158 (23%)	126 (29%)
Other over-the-counter medications (e.g., cold or allergy medications)	59 (15%)	81 (17%)	110 (16%)	77 (18%)
Herbal supplements or teas	85 (22%)	77 (16%)	121 (17%)	123 (28%)
Alcohol	69 (18%)	84 (17%)	118 (17%)	101 (23%)
Marijuana	97 (25%)	116 (24%)	150 (21%)	134 (31%)
CBD (cannabidiol)	47 (12%)	58 (12%)	104 (15%)	96 (22%)
Other	8 (2%)	13 (3%)	15 (2%)	7 (2%)
I don't use anything to help me sleep	111 (29%)	111 (23%)	185 (26%)	103 (24%)

Almost one-third of people who live in the West (31%) use marijuana occasionally or on a regular basis to help them fall asleep or stay asleep.

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).