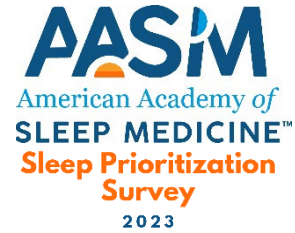


AASM Sleep Prioritization Survey

Recession



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 recession?

Results

- Three-fourths of adults (74%) reported having lost sleep at night due to worries about economic recession.

Overall Results

Overall Results	
Total	2,005
Always	359 (18%)
Often	398 (20%)
Sometimes	414 (21%)
Rarely	306 (15%)
Never	487 (24%)
I don't know	41 (2%)

Nearly four in ten (38%) Americans have “always” or “often” lost sleep due to worries about a recession.

Results by Gender

	Male	Female
Total	997	997
Always	233 (23%)	122 (12%)
Often	196 (20%)	199 (20%)
Sometimes	193 (19%)	219 (22%)
Rarely	153 (15%)	153 (15%)
Never	208 (21%)	277 (28%)
I don't know	14 (1%)	27 (3%)

Men (77%) are more likely than women (69%) to have lost sleep due to worries about a recession.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Always	62 (20%)	100 (22%)	97 (18%)	72 (20%)	20 (11%)	8 (5%)
Often	69 (22%)	103 (23%)	124 (23%)	68 (19%)	27 (15%)	7 (5%)
Sometimes	49 (16%)	88 (19%)	139 (26%)	71 (19%)	30 (17%)	37 (24%)
Rarely	35 (11%)	70 (15%)	82 (15%)	56 (15%)	33 (19%)	30 (20%)

Those ages 25-34 (79%) and 35-44 (82%) are the most likely to have lost sleep to due to worries about a recession.

Never	82 (26%)	88 (19%)	89 (16%)	96 (26%)	64 (36%)	68 (45%)
I don't know	16 (5%)	7 (2%)	10 (2%)	4 (1%)	2 (1%)	2 (1%)

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	81 (21%)	168 (20%)	91 (17%)	18 (8%)	1 (6%)
Often	85 (22%)	194 (23%)	97 (18%)	21 (9%)	1 (6%)
Sometimes	61 (16%)	200 (24%)	100 (19%)	47 (20%)	6 (38%)
Rarely	48 (12%)	124 (15%)	85 (16%)	46 (20%)	3 (19%)
Never	94 (24%)	147 (17%)	147 (28%)	94 (41%)	5 (31%)
I don't know	19 (5%)	12 (1%)	6 (1%)	4 (2%)	0 (0%)

Baby boomers (41%) are more likely to have never lost sleep due to worries about a recession than any other generation.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Always	69 (18%)	82 (17%)	122 (17%)	86 (20%)
Often	89 (23%)	94 (20%)	129 (18%)	86 (20%)
Sometimes	74 (19%)	94 (20%)	158 (23%)	88 (20%)
Rarely	52 (14%)	84 (17%)	94 (13%)	76 (17%)
Never	91 (24%)	113 (23%)	188 (27%)	95 (22%)
I don't know	10 (3%)	14 (3%)	10 (1%)	7 (2%)

People in the Northeast (41%) are the most likely to say they have “always” or “often” lost sleep at night due to worries about a recession.

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).