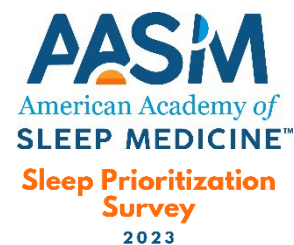


# AASM Sleep Prioritization Survey

## *Sleeping with Phones in the Bedroom*



### 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%. Fieldwork took place between March 24-29, 2023. Atomik Research is an independent market research agency.

### Question

Do you regularly sleep with your phone in your bedroom?

### Results

- Nearly nine in 10 (87%) people regularly sleep with their phone in their bedroom.

#### Overall Results

Overall Results	
<b>Total</b>	2,005
Yes	1,735 (87%)
No	270 (13%)

The majority of Americans (87%) sleep with their phone in their bedroom.

#### Results by Gender

	Male	Female
<b>Total</b>	997	997
Yes	866 (87%)	862 (86%)
No	131 (13%)	135 (14%)

Males (87%) are only 1% more likely than women (86%) to sleep with their phone in their bedroom.

#### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	313	456	541	367	176	152
Yes	273 (87%)	418 (92%)	495 (91%)	304 (83%)	146 (83%)	99 (65%)
No	40 (13%)	38 (8%)	46 (9%)	63 (17%)	30 (17%)	53 (35%)

Those ages 25-34 (92%) and 35-44 (91%) are most likely to sleep with their phone in their bedroom.

#### Results by Generation

	Gen Z (18-26)	Millennial (27-42)	Gen X (43-58)	Baby Boomer (59-76)	Silent Generation (77+)
<b>Total</b>	388	845	526	230	16
Yes	339 (87%)	776 (92%)	445 (85%)	167 (73%)	8 (50%)
No	49 (13%)	69 (8%)	81 (15%)	63 (27%)	8 (50%)

The Silent Generation (50%) are least likely to sleep with their phone in their bedroom compared to all other generations.

#### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	385	481	701	438
Yes	324 (84%)	424 (88%)	612 (87%)	375 (86%)
No	61 (16%)	57 (12%)	89 (13%)	63 (14%)

Americans in the Midwest (88%) are most likely to sleep with their phone in their bedrooms compared to all other regions.

### **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](https://aasm.org)).