

# AASM Bedtime Routines Survey

## Bedtime Routines



### 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

What do you regularly include in your bedtime routine?

### Results

- Almost one in four (39%) of adults take a bath or shower as part of their bedtime routine.
- One-third (34%) of Americans go to bed at the same time each night as part of their bedtime routine.
- Almost one-third (29%) of Americans read before bed as part of their bedtime routine.
- A quarter of adults (25%) include sex as part of their bedtime routine.

### Overall Results

Overall Results	
<b>Total</b>	2,005
Going to bed at the same time each night	680 (34%)
Turning off electronics before bed	594 (30%)
Reading	572 (29%)
Taking a bath/shower	788 (39%)
Meditating or doing breathing exercises	423 (21%)
Stretching	402 (20%)
Drinking tea or other nonalcoholic beverage	442 (22%)
Drinking an alcoholic beverage	292 (15%)
Smoking a cigarette or vaping	405 (20%)
Smoking marijuana	380 (19%)
Having sex	493 (25%)
Other	158 (8%)

A quarter of adults (25%) include sex as part of their bedtime routine. For a fifth of adults (20%), smoking a cigarette or vaping is regularly included in their bedtime routine.

### Results by Gender

	Male	Female
<b>Total</b>	997	997
Going to bed at the same time each night	355 (36%)	322 (32%)
Turning off electronics before bed	322 (32%)	270 (27%)
Reading	300 (30%)	272 (27%)
Taking a bath/shower	387 (39%)	397 (40%)
Meditating or doing breathing exercises	254 (25%)	168 (17%)
Stretching	212 (21%)	190 (19%)
Drinking tea or other nonalcoholic beverage	245 (25%)	196 (20%)
Drinking an alcoholic beverage	190 (19%)	101 (10%)
Smoking a cigarette or vaping	213 (21%)	192 (19%)

Men (32%) are 14% more likely than women (18%) to include having sex as part of their bedtime routine.

Smoking marijuana	213 (21%)	165 (17%)
Having sex	316 (32%)	177 (18%)
Other	64 (6%)	92 (9%)

### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	109	272	393	189	26	14
Going to bed at the same time each night	88 (28%)	152 (33%)	168 (31%)	129 (35%)	73 (41%)	70 (46%)
Turning off electronics before bed	89 (28%)	106 (23%)	156 (29%)	129 (35%)	56 (32%)	58 (38%)
Reading	62 (20%)	128 (28%)	173 (32%)	93 (25%)	64 (36%)	52 (34%)
Taking a bath/shower	129 (41%)	204 (45%)	237 (44%)	139 (38%)	45 (26%)	34 (22%)
Meditating or doing breathing exercises	44 (14%)	114 (25%)	144 (27%)	79 (22%)	20 (11%)	22 (14%)
Stretching	85 (27%)	110 (24%)	111 (21%)	64 (17%)	19 (11%)	13 (9%)
Drinking tea or other nonalcoholic beverage	63 (20%)	112 (25%)	136 (25%)	78 (21%)	32 (18%)	21 (14%)
Drinking an alcoholic beverage	20 (6%)	67 (15%)	124 (23%)	58 (16%)	18 (10%)	5 (3%)
Smoking a cigarette or vaping	31 (10%)	105 (23%)	155 (29%)	83 (23%)	21 (12%)	10 (7%)
Smoking marijuana	62 (20%)	109 (24%)	120 (22%)	69 (19%)	15 (9%)	5 (3%)
Having sex	63 (20%)	148 (32%)	174 (32%)	88 (24%)	11 (6%)	9 (6%)
Other	33 (11%)	33 (7%)	25 (5%)	28 (8%)	18 (10%)	21 (14%)

Adults aged 18-24 (27%) are 18% more likely than adults aged 65+ (9%) to regularly include stretching as part of their bedtime routine.

### 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
Going to bed at the same time each night	108 (28%)	284 (34%)	181 (34%)	102 (44%)	5 (31%)
Turning off electronics before bed	108 (28%)	225 (27%)	166 (32%)	92 (40%)	3 (19%)
Reading	82 (21%)	257 (30%)	149 (28%)	78 (34%)	6 (38%)
Taking a bath/shower	166 (43%)	372 (44%)	197 (37%)	50 (22%)	3 (19%)
Meditating or doing breathing exercises	66 (17%)	220 (26%)	104 (20%)	31 (13%)	2 (13%)
Stretching	108 (28%)	185 (22%)	85 (16%)	22 (10%)	2 (13%)
Drinking tea or other nonalcoholic beverage	85 (22%)	215 (25%)	107 (20%)	33 (14%)	2 (13%)
Drinking an alcoholic beverage	28 (7%)	172 (20%)	78 (15%)	13 (6%)	1 (6%)
Smoking a cigarette or vaping	53 (14%)	217 (26%)	113 (21%)	22 (10%)	0 (0%)

Millennials (44%) are twice as likely as baby boomers (22%) to take a shower or bath as a part of their bedtime routine.

Smoking marijuana	81 (21%)	188 (22%)	100 (19%)	10 (4%)	1 (6%)
Having sex	88 (23%)	279 (33%)	113 (21%)	13 (6%)	0 (0%)
Other	40 (10%)	45 (5%)	43 (8%)	24 (10%)	6 (38%)

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	385	481	701	438
Going to bed at the same time each night	118 (31%)	172 (36%)	232 (33%)	158 (36%)
Turning off electronics before bed	129 (34%)	141 (29%)	197 (28%)	127 (29%)
Reading	103 (27%)	125 (26%)	198 (28%)	146 (33%)
Taking a bath/shower	163 (42%)	173 (36%)	277 (40%)	175 (40%)
Meditating or doing breathing exercises	66 (17%)	98 (20%)	143 (20%)	116 (26%)
Stretching	81 (21%)	83 (17%)	145 (21%)	93 (21%)
Drinking tea or other nonalcoholic beverage	98 (25%)	87 (18%)	141 (20%)	116 (26%)
Drinking an alcoholic beverage	53 (14%)	62 (13%)	96 (14%)	81 (18%)
Smoking a cigarette or vaping	73 (19%)	95 (20%)	148 (21%)	89 (20%)
Smoking marijuana	76 (20%)	89 (19%)	113 (16%)	102 (23%)
Having sex	91 (24%)	107 (22%)	171 (24%)	124 (28%)
Other	39 (10%)	31 (6%)	57 (8%)	31 (7%)

Adults in the Northeast (17%) are 9% less likely than adults in the West (26%) to consider meditating or doing breathing exercises a part of their bedtime routine.

### 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](http://aasm.org)).