

AASM Sleep Prioritization Survey

Light and Noise Disrupting Sleep



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 frequently do you always or often experience disrupted sleep due to the following?

Results

- 36% of Americans always or often experience disrupted sleep due to outside noise.
- 33% of Americans always or often experience disrupted sleep due to outdoor light.
- 35% of Americans always or often experience disrupted sleep due to indoor light.

Overall Results

Total	2,005
Outside noise	731 (36%)
Outdoor light	670 (33%)
Indoor light	706 (35%)

Over one third of Americans (36%) always or often experience disrupted sleep due to outside noise.

Results by Gender

	Male	Female
Total	997	997
Outside noise	417 (42%)	311 (31%)
Outdoor light	391 (39%)	274 (27%)
Indoor light	408 (41%)	294 (29%)

Males (39%) are 12% more likely than females (27%) to report that they always or often experience disrupted sleep due to outdoor light.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	313	456	541	367	176	152
Outside noise	133 (42%)	204 (45%)	217 (40%)	128 (35%)	35 (20%)	14 (9%)
Outdoor light	125 (40%)	187 (41%)	207 (38%)	115 (31%)	26 (15%)	10 (7%)
Indoor light	144 (46%)	197 (43%)	195 (36%)	130 (35%)	28 (16%)	12 (8%)

Almost half of Americans aged 18-24 (46%) always or often experience disrupted sleep due to indoor light.

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
Outside noise	175 (45%)	353 (42%)	169 (32%)	33 (14%)	1 (6%)
Outdoor light	160 (41%)	335 (40%)	154 (29%)	21 (9%)	0 (0%)
Indoor light	181 (47%)	335 (40%)	166 (32%)	24 (10%)	0 (0%)

Gen Z (47%) is the most likely to always or often experience disrupted sleep due to indoor light while the Silent Generation (0%) is the least likely.

Results by Region

	Northeast	Midwest	South	West
Total	385	481	701	438
Outside noise	136 (35%)	168 (35%)	247 (35%)	180 (41%)
Outdoor light	130 (34%)	161 (33%)	221 (32%)	158 (36%)
Indoor light	132 (34%)	167 (35%)	227 (32%)	180 (41%)

Americans living in the West are the most likely to always or often experience disrupted sleep due to outside noise (41%), outdoor light (36%) and indoor light (41%).

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).