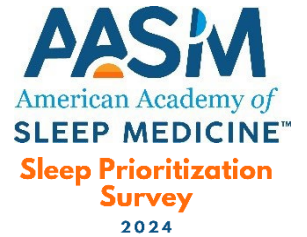


AASM Sleep Prioritization Survey

Adjusting Your Sleep Routine



Survey Methodology

The American Academy of Sleep Medicine commissioned an online survey of 2,006 adults throughout the United States. The margin of error for the overall sample is +/- 2 percentage points with a confidence level of 95 percent. Fieldwork took place between May 16 and May 24, 2024, by Atomik Research, an independent market research agency.

Question

Do you ever do any of the following to adjust your sleep routine to accommodate a bed partner?

Results

- Over half (56%) of Americans adjust their sleep routine to accommodate a bed partner.
- One-third (33%) of Americans go to bed at a different time than desired.
- One-fifth (21%) of Americans sleep in another space.

Overall Results

Total	2,006
Sleep in another bed in the same bedroom	254 (13%)
Sleep in another space	419 (21%)
Go to sleep at a different time than desired	664 (33%)
Use a silent alarm	220 (11%)
None of these	892 (44%)

Over half of adults (56%) adjust their sleep routine to accommodate a bed partner.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1002	1001	1	2
Sleep in another bed in the same bedroom	163 (16%)	91 (9%)	0 (0%)	0 (0%)
Sleep in another space	235 (23%)	183 (18%)	0 (0%)	1 (50%)
Go to sleep at a different time than desired	360 (36%)	303 (30%)	0 (0%)	1 (50%)
Use a silent alarm	147 (15%)	73 (7%)	0 (0%)	0 (0%)
None of these	387 (39%)	503 (50%)	1 (100%)	1 (50%)

Men (15%) are 8% more likely to use a silent alarm than women (7%) and 36% of men go to sleep at a different time than desired compared with 30% of women.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Sleep in another bed in the same bedroom	40 (17%)	86 (23%)	50 (14%)	50 (14%)	20 (6%)	8 (3%)
Sleep in another space	58 (25%)	100 (26%)	79 (22%)	76 (21%)	61 (17%)	45 (14%)
Go to sleep at a different time than desired	98 (42%)	163 (43%)	138 (38%)	116 (32%)	96 (27%)	53 (17%)
Use a silent alarm	51 (22%)	64 (17%)	50 (14%)	36 (10%)	9 (3%)	10 (3%)
None of these	57 (24%)	107 (28%)	144 (40%)	165 (46%)	200 (57%)	219 (69%)

American adults aged 25-34 are most likely to sleep in another bed in the same bedroom (23%), sleep in another space (26%) or go to sleep at a different time than desired (43%) to accommodate a bed partner.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	313	637	572	452	32
Sleep in another bed in the same bedroom	55 (18%)	116 (18%)	65 (11%)	17 (4%)	1 (3%)
Sleep in another space	76 (24%)	155 (24%)	118 (21%)	69 (15%)	1 (3%)
Go to sleep at a different time than desired	130 (42%)	257 (40%)	173 (30%)	99 (22%)	5 (16%)
Use a silent alarm	62 (20%)	100 (16%)	46 (8%)	12 (3%)	0 (0%)
None of these	79 (25%)	219 (34%)	280 (49%)	289 (64%)	25 (78%)

Gen Z and Millennials are equally likely to sleep in another bed in the same bedroom (18%) and sleep in another space (24%) to accommodate a bed partner.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Sleep in another bed in the same bedroom	55 (16%)	34 (8%)	95 (12%)	70 (15%)
Sleep in another space	78 (22%)	82 (19%)	150 (19%)	109 (24%)
Go to sleep at a different time than desired	122 (35%)	135 (32%)	252 (32%)	155 (34%)
Use a silent alarm	40 (11%)	28 (7%)	71 (9%)	81 (18%)
None of these	150 (43%)	206 (48%)	362 (47%)	174 (38%)

Adults in the Midwest are 11% more likely to sleep in another space (19%) than sleep in another bed in the same bedroom (8%) to accommodate a bed partner.

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).