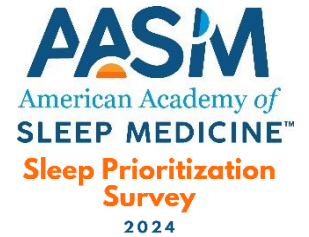


# AASM Sleep Prioritization Survey

## Children and Teen Regular Bedtime



### 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 your school-aged children and teens have a regular bedtime?

### Results

Most parents (80%) said their school-aged children and teens have a regular bedtime.

#### Overall Results

<b>Total</b>	<b>1,003</b>
Yes	798 (80%)
No	180 (18%)
I don't know	25 (2%)

A vast majority of parents (80%) reported that their school-aged children or teens have a regular bedtime.

#### Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
<b>Total</b>	<b>636</b>	<b>366</b>	<b>1</b>	<b>0</b>
Yes	517 (81%)	281 (77%)	0 (0%)	0 (0%)
No	104 (16%)	75 (20%)	1 (100%)	0 (0%)
I don't know	15 (2%)	10 (3%)	0 (0%)	0 (0%)

Male parents (81%) are more likely than female parents (77%) to report that their school-aged children or teen have a regular bedtime.

#### Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
<b>Total</b>	<b>105</b>	<b>264</b>	<b>256</b>	<b>196</b>	<b>121</b>	<b>61</b>
Yes	71 (68%)	208 (79%)	215 (84%)	164 (84%)	91 (75%)	49 (80%)
No	28 (27%)	45 (17%)	38 (15%)	30 (15%)	28 (23%)	11 (18%)
I don't know	6 (6%)	11 (4%)	3 (1%)	2 (1%)	2 (2%)	1 (2%)

Parents aged 35-44 and 45-54 (84%) are more likely to report that their school-aged children or teens have a regular bedtime.

#### Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
<b>Total</b>	<b>147</b>	<b>462</b>	<b>288</b>	<b>102</b>	<b>4</b>
Yes	102 (69%)	380 (82%)	234 (81%)	80 (78%)	2 (50%)
No	36 (24%)	71 (15%)	51 (18%)	21 (21%)	1 (25%)
I don't know	9 (6%)	11 (2%)	3 (1%)	1 (1%)	1 (25%)

Millennials (82%) and Gen X (81%) are most likely to report that their school-aged child or teen have a regular bedtime.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>158</b>	<b>204</b>	<b>318</b>	<b>323</b>
Yes	124 (78%)	161 (79%)	251 (79%)	262 (81%)
No	31 (20%)	36 (18%)	58 (18%)	55 (17%)
I don't know	3 (2%)	7 (3%)	9 (3%)	6 (2%)

Parents on the West Coast are most likely to report that their school-aged child or teen has a regular bedtime.

### 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)).