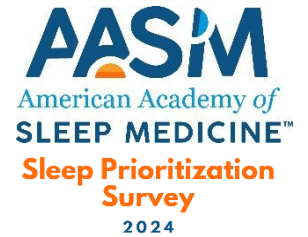


# AASM Sleep Prioritization Survey

## Children and Teen Sleep Disrupters



### 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

What, if any, factors negatively affect the sleeping schedules of your school-aged children and teens?

### Results

- Parents said social media (40%), homework (33%), clubs, sports and other activities (22%) and afterschool jobs (13%) negatively affect the sleep schedules of their students.

### Overall Results

<b>Total</b>	<b>1,003</b>
Homework	332 (33%)
Clubs, sports and other activities	221 (22%)
Afterschool job	135 (13%)
Video games	462 (46%)
Social media	405 (40%)
Other	38 (4%)
None of these	213 (21%)

Over one-third (33%) of parents reported that homework negatively impacts the sleeping schedules of their school-aged children and teens.

### 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>
Homework	224 (35%)	108 (30%)	0 (0%)	0 (0%)
Clubs, sports and other activities	161 (25%)	60 (16%)	0 (0%)	0 (0%)
Afterschool job	96 (15%)	39 (11%)	0 (0%)	0 (0%)
Video games	327 (51%)	135 (37%)	0 (0%)	0 (0%)
Social media	287 (45%)	117 (32%)	1 (100%)	0 (0%)
Other	19 (3%)	19 (5%)	0 (0%)	0 (0%)
None of these	97 (15%)	116 (32%)	0 (0%)	0 (0%)

Male parents (51%) are more likely than female parents (37%) to report that their children's sleep schedules are negatively impacted by video games.

### 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>
Homework	31 (30%)	83 (31%)	86 (34%)	57 (29%)	46 (38%)	29 (48%)
Clubs, sports and other activities	28 (27%)	64 (24%)	53 (21%)	39 (20%)	27 (22%)	10 (16%)
Afterschool job	29 (28%)	38 (14%)	34 (13%)	22 (11%)	9 (7%)	3 (5%)
Video games	46 (44%)	133 (50%)	131 (51%)	79 (40%)	45 (37%)	28 (46%)

On average, 41% of all parents reported that social media negatively impacts their kids' sleep schedules.

Social media	43 (41%)	106 (40%)	98 (38%)	84 (43%)	47 (39%)	27 (44%)
Other	6 (6%)	7 (3%)	10 (4%)	12 (6%)	2 (2%)	1 (2%)
None of these	19 (18%)	51 (19%)	59 (23%)	46 (23%)	28 (23%)	10 (16%)

### 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>
Homework	43 (29%)	150 (32%)	91 (32%)	47 (46%)	1 (25%)
Clubs, sports and other activities	38 (26%)	100 (22%)	65 (23%)	18 (18%)	0 (0%)
Afterschool job	33 (22%)	65 (14%)	29 (10%)	8 (8%)	0 (0%)
Video games	66 (45%)	234 (51%)	116 (40%)	44 (43%)	2 (50%)
Social media	54 (37%)	184 (40%)	120 (42%)	46 (45%)	1 (25%)
Other	9 (6%)	14 (3%)	13 (5%)	2 (2%)	0 (0%)
None of these	26 (18%)	100 (22%)	67 (23%)	18 (18%)	2 (50%)

Baby Boomer parents (46%) are most likely to report that homework negatively impacts their school-aged children or teens' sleep schedules.

### Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>158</b>	<b>204</b>	<b>318</b>	<b>323</b>
Homework	50 (32%)	79 (39%)	94 (30%)	109 (34%)
Clubs, sports and other activities	30 (19%)	39 (19%)	73 (23%)	79 (24%)
Afterschool job	27 (17%)	23 (11%)	34 (11%)	51 (16%)
Video games	78 (49%)	87 (43%)	149 (47%)	148 (46%)
Social media	57 (36%)	77 (38%)	129 (41%)	142 (44%)
Other	7 (4%)	8 (4%)	14 (4%)	9 (3%)
None of these	37 (23%)	48 (24%)	65 (20%)	63 (20%)

Parents across all regions were most likely to report video games negatively impact their children's sleep schedules.

### 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)).