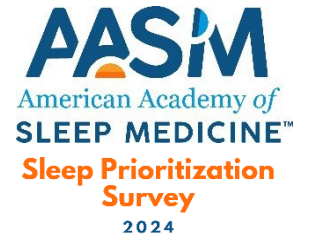# AASM Sleep Prioritization Survey
Children and Teens Not Getting Enough Sleep

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

Which of the following are negatively impacted when your child does not get enough sleep?

Results

- Parents say that when their children don't get enough sleep, they are negatively impacted in mood (58%), attitude (49%), behavior (49%), physical energy (44%) and academic performance (30%).

Overall Results

Total	1,003
Attitude	489 (49%)
Mood	583 (58%)
Academic performance	303 (30%)
Physical energy	444 (44%)
Behavior	492 (49%)
None of these	117 (12%)

Parents (58%) are most likely to report that not getting enough sleep negatively impacts their children's mood.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	636	366	1	0
Attitude	301 (47%)	188 (51%)	0 (0%)	0 (0%)
Mood	364 (57%)	218 (60%)	1 (100%)	0 (0%)
Academic performance	211 (33%)	92 (25%)	0 (0%)	0 (0%)
Physical energy	296 (47%)	147 (40%)	1 (100%)	0 (0%)
Behavior	304 (48%)	188 (51%)	0 (0%)	0 (0%)
None of these	59 (9%)	58 (16%)	0 (0%)	0 (0%)

Male (57%) and female (60%) parents were most likely to report that not getting enough sleep negatively impacts their children's mood.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	105	264	256	196	121	61
Attitude	56 (53%)	122 (46%)	127 (50%)	89 (45%)	65 (54%)	30 (49%)
Mood	53 (50%)	145 (55%)	153 (60%)	109 (56%)	81 (67%)	42 (69%)
Academic performance	30 (29%)	76 (29%)	75 (29%)	58 (30%)	40 (33%)	24 (39%)
Physical energy	45 (43%)	114 (43%)	125 (49%)	78 (40%)	48 (40%)	34 (56%)
Behavior	47 (45%)	139 (53%)	122 (48%)	94 (48%)	63 (52%)	27 (44%)
None of these	11 (10%)	29 (11%)	31 (12%)	29 (15%)	11 (9%)	6 (10%)

Parents aged 18-24 were the only age group to report that not getting enough sleep negatively impacts their children's attitude more than their mood.

Results by Generation

	Gen Z (18-27)	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
Total	**147**	**462**	**288**	**102**	**4**
Attitude	74 (50%)	223 (48%)	135 (47%)	55 (54%)	2 (50%)
Mood	72 (49%)	269 (58%)	167 (58%)	73 (72%)	2 (50%)
Academic performance	39 (27%)	137 (30%)	84 (29%)	42 (41%)	1 (25%)
Physical energy	58 (39%)	217 (47%)	121 (42%)	46 (45%)	2 (50%)
Behavior	68 (46%)	229 (50%)	141 (49%)	52 (51%)	2 (50%)
None of these	20 (14%)	49 (11%)	39 (14%)	7 (7%)	2 (50%)

Parents that are members of the Baby Boomer generation were most likely to report that not getting enough sleep negatively impacts their children's mood (72%), followed by attitude (54%) and behavior (51%).

Results by Region

	Northeast	Midwest	South	West
Total	**158**	**204**	**318**	**323**
Attitude	73 (46%)	112 (55%)	156 (49%)	148 (46%)
Mood	90 (57%)	127 (62%)	169 (53%)	197 (61%)
Academic performance	46 (29%)	60 (29%)	86 (27%)	111 (34%)
Physical energy	73 (46%)	85 (42%)	127 (40%)	159 (49%)
Behavior	71 (45%)	110 (54%)	155 (49%)	156 (48%)
None of these	19 (12%)	22 (11%)	39 (12%)	37 (11%)

Across all regions of the country, parents were most likely to report that not getting enough sleep negatively impacts their children's mood.

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).