

AASM Sleep Prioritization Survey

Impacts of Sleepiness on Daily Activities

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

How often does sleepiness affect your daily activities?

Results

- 75% of respondents report that sleepiness sometimes, often, or always affects their daily activities

Overall Results

Total	2,006
Always or often	738 (37%)
Sometimes, often or always	1,496 (75%)
Always	258 (13%)
Often	480 (24%)
Sometimes	758 (38%)
Rarely	379 (19%)
Never	110 (5%)
I don't know	21 (1%)

75% of respondents report that sleepiness sometimes, often, or always affects their daily activities.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Always or often	362 (36%)	375 (37%)	0 (0%)	1 (50%)
Sometimes, often or always	735 (73%)	759 (76%)	1 (100%)	1 (50%)
Always	132 (13%)	126 (13%)	0 (0%)	0 (0%)
Often	230 (23%)	249 (25%)	0 (0%)	1 (50%)
Sometimes	373 (37%)	384 (38%)	1 (100%)	0 (0%)
Rarely	196 (20%)	182 (18%)	0 (0%)	1 (50%)
Never	62 (6%)	48 (5%)	0 (0%)	0 (0%)
I don't know	9 (1%)	12 (1%)	0 (0%)	0 (0%)

Males (13%) and females (13%) are equally likely to report that sleepiness always affects their daily

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Always or often	111 (47%)	150 (39%)	153 (43%)	150 (42%)	116 (33%)	58 (18%)
Sometimes, often or always	190 (82%)	308 (80%)	276 (76%)	302 (84%)	243 (69%)	177 (55%)
Always	34 (15%)	57 (15%)	59 (16%)	57 (16%)	35 (10%)	16 (5%)
Often	77 (33%)	93 (24%)	94 (26%)	93 (26%)	81 (23%)	42 (13%)

Respondents 18-24 (47%) are most likely to report that sleepiness always or often affects their daily activities.

Sometimes	79 (34%)	158 (41%)	123 (34%)	152 (42%)	127 (36%)	119 (37%)
Rarely	29 (12%)	54 (14%)	57 (16%)	43 (12%)	89 (25%)	107 (34%)
Never	12 (5%)	15 (4%)	23 (6%)	15 (4%)	16 (5%)	29 (9%)
I don't know	3 (1%)	5 (1%)	4 (1%)	0 (0%)	3 (1%)	6 (2%)

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
Always or often	142 (45%)	260 (41%)	220 (38%)	111 (25%)	5 (16%)
Sometimes, often or always	255 (81%)	500 (78%)	453 (79%)	271 (60%)	17 (53%)
Always	41 (13%)	103 (16%)	80 (14%)	34 (8%)	0 (0%)
Often	101 (32%)	157 (25%)	140 (24%)	77 (17%)	5 (16%)
Sometimes	113 (36%)	240 (38%)	233 (41%)	160 (35%)	12 (38%)
Rarely	39 (12%)	98 (15%)	92 (16%)	139 (31%)	11 (34%)
Never	15 (5%)	32 (5%)	25 (4%)	35 (8%)	3 (9%)
I don't know	4 (1%)	7 (1%)	2 (0%)	7 (2%)	1 (3%)

Gen Z (81%) is most likely to report that sleepiness sometimes, often, or always affects their daily activities.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Always or often	119 (34%)	164 (38%)	277 (36%)	178 (39%)
Sometimes, often or always	265 (76%)	320 (75%)	584 (76%)	327 (72%)
Always	56 (16%)	49 (11%)	94 (12%)	59 (13%)
Often	63 (18%)	115 (27%)	183 (24%)	119 (26%)
Sometimes	146 (42%)	156 (37%)	307 (40%)	149 (33%)
Rarely	57 (16%)	79 (19%)	149 (19%)	94 (21%)
Never	22 (6%)	22 (5%)	37 (5%)	29 (6%)
I don't know	4 (1%)	6 (1%)	6 (1%)	5 (1%)

Respondents in the Northeast (16%) are most likely to report that sleepiness always affects their daily activities.

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).