

AASM Sleep Prioritization Survey

Melatonin and Kids



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

Have you given a child under the age of 18 melatonin to help him or her sleep?

Results

- Nearly half (45%) of parents have given a child under the age of 18 melatonin to help him or her sleep.

Overall Results

| | |
|--------------|--------------|
| Total | 1,003 |
| Yes | 451 (45%) |
| No | 527 (53%) |
| I don't know | 25 (2%) |

Nearly half (45%) of parents have given a child under the age of 18 melatonin to help him or her sleep.

Results by Gender

| | Male | Female | Transgender | Non-binary or gender non-conforming |
|--------------|------------|------------|-------------|-------------------------------------|
| Total | 636 | 366 | 1 | 0 |
| Yes | 281 (44%) | 170 (46%) | 0 (0%) | 0 (0%) |
| No | 345 (54%) | 181 (49%) | 1 (100%) | 0 (0%) |
| I don't know | 10 (2%) | 15 (4%) | 0 (0%) | 0 (0%) |

Women (46%) are slightly more likely than men (44%) to have given their children melatonin to help them sleep.

Results by Age Group

| | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ |
|--------------|------------|------------|------------|------------|------------|-----------|
| Total | 105 | 264 | 256 | 196 | 121 | 61 |
| Yes | 50 (48%) | 129 (49%) | 123 (48%) | 88 (45%) | 41 (34%) | 20 (33%) |
| No | 48 (46%) | 125 (47%) | 130 (51%) | 104 (53%) | 79 (65%) | 41 (67%) |
| I don't know | 7 (7%) | 10 (4%) | 3 (1%) | 4 (2%) | 1 (1%) | 0 (0%) |

Those aged 25-34 (49%) are the most likely to have given their children melatonin to help them sleep.

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 |
| Yes | 69 (47%) | 227 (49%) | 120 (42%) | 34 (33%) | 1 (25%) |
| No | 69 (47%) | 224 (48%) | 163 (57%) | 68 (67%) | 3 (75%) |
| I don't know | 9 (6%) | 11 (2%) | 5 (2%) | 0 (6%) | 0 (0%) |

Gen Z (47%) and Millennials (49%) are the most likely to have given their children melatonin to help them sleep.

Results by Region

Half (50%) of those in the South report they have given their children melatonin to help them sleep.

| | Northeast | Midwest | South | West |
|--------------|------------|------------|------------|------------|
| Total | 158 | 204 | 318 | 323 |
| Yes | 72 (46%) | 90 (44%) | 159 (50%) | 130 (40%) |
| No | 80 (51%) | 109 (53%) | 148 (47%) | 190 (59%) |
| I don't know | 6 (4%) | 5 (2%) | 11 (3%) | 3 (1%) |

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).