

AASM Sleep Prioritization Survey

Negative Impacts of Daytime Sleepiness

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 aspects of your daily life does daytime sleepiness have a negative impact on a regular basis?

Results

- 82% of respondents say daytime sleepiness has a negative impact on at least one aspect of daily life.

Overall Results

| Total | 2,006 |
|--|--------------|
| At least one aspect of daily life | 1,644 (82%) |
| My productivity | 943 (47%) |
| My quality of work | 613 (31%) |
| My relationships with friends and family | 486 (24%) |
| My memory or mental recall | 691 (34%) |
| My mental health | 759 (38%) |
| My reaction time while driving | 313 (16%) |
| Other, please specify | 34 (2%) |
| None of the above – I do not experience daytime sleepiness | 341 (17%) |

47% of respondents reported that daytime sleepiness negatively impacts their productivity and 38% reported that it negatively impacts their mental health.

Results by Gender

| | Male | Female | Transgender | Non-binary or gender non-conforming |
|--|--------------|--------------|-------------|-------------------------------------|
| Total | 1,002 | 1,001 | 1 | 2 |
| At least one aspect of daily life | 833 (83%) | 808 (81%) | 1 (100%) | 2 (100%) |
| My productivity | 462 (46%) | 478 (48%) | 1 (100%) | 2 (100%) |
| My quality of work | 374 (37%) | 236 (24%) | 1 (100%) | 2 (100%) |
| My relationships with friends and family | 245 (24%) | 241 (24%) | 0 (0%) | 0 (0%) |
| My memory or mental recall | 318 (32%) | 372 (37%) | 0 (0%) | 1 (50%) |
| My mental health | 368 (37%) | 390 (39%) | 1 (100%) | 0 (0%) |
| My reaction time while driving | 206 (21%) | 106 (11%) | 0 (0%) | 1 (50%) |
| Other, please specify | 10 (1%) | 24 (2%) | 0 (0%) | 0 (0%) |
| None of the above – I do not experience daytime sleepiness | 162 (16%) | 179 (18%) | 0 (0%) | 0 (0%) |

Males (24%) and females (24%) are equally likely to report that daytime sleepiness negatively impacts their relationships with friends and family on a regular basis.

Results by Age Group

| | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65+ |
|--|------------|------------|------------|------------|------------|------------|
| Total | 234 | 382 | 360 | 360 | 351 | 319 |
| At least one aspect of daily life | 210 (90%) | 339 (89%) | 307 (85%) | 314 (87%) | 263 (75%) | 211 (66%) |
| My productivity | 114 (49%) | 184 (48%) | 184 (51%) | 173 (48%) | 155 (44%) | 133 (42%) |
| My quality of work | 98 (42%) | 147 (38%) | 127 (35%) | 101 (28%) | 89 (25%) | 51 (16%) |
| My relationships with friends and family | 70 (30%) | 115 (30%) | 100 (28%) | 85 (24%) | 70 (20%) | 46 (14%) |
| My memory or mental recall | 74 (32%) | 127 (33%) | 138 (38%) | 146 (41%) | 119 (34%) | 87 (27%) |
| My mental health | 102 (44%) | 176 (46%) | 147 (41%) | 155 (43%) | 112 (32%) | 67 (21%) |
| My reaction time while driving | 43 (18%) | 79 (21%) | 64 (18%) | 50 (14%) | 42 (12%) | 35 (11%) |
| Other, please specify | 0 (0%) | 6 (2%) | 2 (1%) | 2 (1%) | 15 (4%) | 9 (3%) |
| None of the above – I do not experience daytime sleepiness | 24 (10%) | 40 (10%) | 51 (14%) | 45 (13%) | 79 (23%) | 102 (32%) |

Respondents between the ages of 18-24 (18%) and 35-44 (18%) are equally likely to report that daytime sleepiness negatively impacts their reaction time while driving on a regular basis.

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 |
| At least one aspect of daily life | 282 (90%) | 552 (87%) | 482 (84%) | 309 (68%) | 19 (59%) |
| My productivity | 150 (48%) | 319 (50%) | 270 (47%) | 189 (42%) | 15 (47%) |
| My quality of work | 130 (42%) | 233 (37%) | 159 (28%) | 82 (18%) | 9 (28%) |
| My relationships with friends and family | 89 (28%) | 184 (29%) | 135 (24%) | 74 (16%) | 4 (13%) |
| My memory or mental recall | 99 (32%) | 223 (35%) | 232 (41%) | 132 (29%) | 5 (16%) |
| My mental health | 140 (45%) | 268 (42%) | 236 (41%) | 110 (24%) | 5 (16%) |
| My reaction time while driving | 52 (17%) | 130 (20%) | 75 (13%) | 52 (12%) | 4 (13%) |
| Other, please specify | 3 (1%) | 5 (1%) | 10 (2%) | 15 (3%) | 1 (3%) |
| None of the above – I do not experience daytime sleepiness | 31 (10%) | 80 (13%) | 85 (15%) | 133 (29%) | 12 (38%) |

Gen Z (90%) is most likely to report that at least one aspect of daily life is negatively impacted by daytime sleepiness on a regular basis.

Results by Region

| | Northeast | Midwest | South | West |
|--|------------|------------|------------|------------|
| Total | 348 | 427 | 776 | 455 |
| At least one aspect of daily life | 293 (84%) | 353 (83%) | 616 (79%) | 382 (84%) |
| My productivity | 170 (49%) | 214 (50%) | 343 (44%) | 216 (47%) |
| My quality of work | 108 (31%) | 124 (29%) | 219 (28%) | 162 (36%) |
| My relationships with friends and family | 80 (23%) | 107 (25%) | 186 (24%) | 113 (25%) |
| My memory or mental recall | 118 (34%) | 157 (37%) | 254 (33%) | 162 (36%) |
| My mental health | 125 (36%) | 177 (41%) | 285 (37%) | 172 (38%) |
| My reaction time while driving | 46 (13%) | 65 (15%) | 105 (14%) | 97 (21%) |
| Other, please specify | 4 (1%) | 9 (2%) | 18 (2%) | 3 (1%) |
| None of the above – I do not experience daytime sleepiness | 53 (15%) | 67 (16%) | 149 (19%) | 72 (16%) |

Respondents in the Northeast (84%) and West (84%) are equally likely to report that at least one aspect of daily life is negatively impacted by daytime sleepiness on a regular basis.

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).