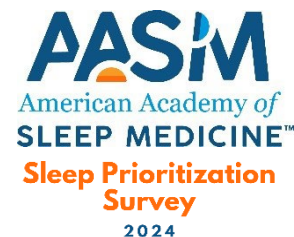


AASM Sleep Prioritization Survey

Sleep Disorder Diagnosis



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 ever been diagnosed with a sleep disorder?

Results

- Over one-third (36%) of Americans have been diagnosed with a sleep-related disorder.
- Over one in ten (13%) of Americans have been diagnosed with restless legs syndrome.

Overall Results

Total	2,006
Chronic insomnia	247 (12%)
Excessive daytime sleepiness/hypersomnia	178 (9%)
Obstructive sleep apnea	252 (13%)
Restless legs syndrome	266 (13%)
Shift work sleep disorder	131 (7%)
Narcolepsy	86 (4%)
Other	24 (1%)
None of these	1,054 (53%)
I don't know	226 (11%)

Over one-third (36%) of adults have been diagnosed with a sleep disorder, with restless legs syndrome (13%) and obstructive sleep apnea (13%) being the most common.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1002	1001	1	2
Chronic insomnia	132 (13%)	115 (11%)	0 (0%)	0 (0%)
Excessive daytime sleepiness/hypersomnia	123 (12%)	55 (5%)	0 (0%)	0 (0%)
Obstructive sleep apnea	162 (16%)	90 (9%)	0 (0%)	0 (0%)
Restless legs syndrome	148 (15%)	118 (12%)	0 (0%)	0 (0%)
Shift work sleep disorder	94 (9%)	37 (4%)	0 (0%)	0 (0%)
Narcolepsy	65 (6%)	21 (2%)	0 (0%)	0 (0%)
Other	11 (1%)	13 (1%)	0 (0%)	0 (0%)
None of these	491 (49%)	560 (56%)	1 (100%)	2 (100%)
I don't know	87 (9%)	139 (14%)	0 (0%)	0 (0%)

Men (15%) are 3% more likely to have been diagnosed with restless legs syndrome than women (12%). Additionally, 16% of men have been diagnosed with obstructive sleep apnea compared to 9% of women.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Chronic insomnia	32 (14%)	61 (16%)	54 (15%)	42 (12%)	41 (12%)	17 (5%)
Excessive daytime sleepiness/hypersomnia	35 (15%)	56 (15%)	43 (12%)	27 (8%)	11 (3%)	6 (2%)
Obstructive sleep apnea	16 (7%)	55 (14%)	48 (13%)	53 (15%)	43 (12%)	37 (12%)
Restless legs syndrome	34 (15%)	59 (15%)	53 (15%)	56 (16%)	45 (13%)	19 (6%)
Shift work sleep disorder	28 (12%)	46 (12%)	29 (8%)	12 (3%)	7 (2%)	9 (3%)
Narcolepsy	19 (8%)	24 (6%)	16 (4%)	16 (4%)	9 (3%)	2 (1%)
Other	3 (1%)	5 (1%)	3 (1%)	2 (1%)	7 (2%)	4 (1%)
None of these	88 (38%)	160 (42%)	190 (53%)	188 (52%)	214 (61%)	214 (67%)
I don't know	45 (19%)	48 (13%)	39 (11%)	42 (12%)	26 (7%)	26 (8%)

American adults aged 45-54 are most likely to have been diagnosed with obstructive sleep apnea (15%) or restless legs syndrome (16%).

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
Chronic insomnia	44 (14%)	98 (15%)	70 (12%)	35 (8%)	0 (0%)
Excessive daytime sleepiness/hypersomnia	39 (12%)	90 (14%)	37 (6%)	12 (3%)	0 (0%)
Obstructive sleep apnea	26 (8%)	88 (14%)	82 (14%)	52 (12%)	4 (13%)
Restless legs syndrome	45 (14%)	94 (15%)	88 (15%)	36 (8%)	3 (9%)
Shift work sleep disorder	36 (12%)	62 (10%)	18 (3%)	15 (3%)	0 (0%)
Narcolepsy	21 (7%)	35 (5%)	25 (4%)	4 (1%)	1 (3%)
Other	4 (1%)	6 (1%)	4 (1%)	10 (2%)	0 (0%)
None of these	124 (40%)	303 (48%)	311 (54%)	295 (65%)	21 (66%)
I don't know	60 (19%)	70 (11%)	57 (10%)	36 (8%)	3 (9%)

Millennials and Gen X are equally likely to have been diagnosed with obstructive sleep apnea (14%) or restless legs syndrome (15%).

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Chronic insomnia	43 (12%)	44 (10%)	96 (12%)	64 (14%)
Excessive daytime sleepiness/hypersomnia	41 (12%)	28 (7%)	59 (8%)	50 (11%)
Obstructive sleep apnea	49 (14%)	57 (13%)	89 (11%)	57 (13%)
Restless legs syndrome	45 (13%)	47 (11%)	113 (15%)	61 (13%)
Shift work sleep disorder	30 (9%)	14 (3%)	42 (5%)	45 (10%)
Narcolepsy	15 (4%)	11 (3%)	30 (4%)	30 (7%)
Other	3 (1%)	8 (2%)	10 (1%)	3 (1%)
None of these	188 (54%)	237 (56%)	383 (49%)	246 (54%)
I don't know	27 (8%)	44 (10%)	119 (15%)	36 (8%)

Adults in the South are more likely to have been diagnosed with restless legs syndrome (15%) and adults in the West are more likely to have been diagnosed with narcolepsy (7%) compared to other regions.

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).