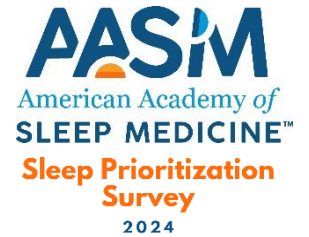


# AASM Sleep Prioritization Survey

## Sleep Disruption – Menopause



### 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 do you experience disrupted sleep due to menopause?

### Results

- 50% of women aged 45-64 sometimes, often or always experience sleep disruption due to menopause.

### Overall Results

<b>Total</b>	<b>1,001</b>
Sometimes, often or always	318 (32%)
Always	76 (8%)
Often	135 (13%)
Sometimes	107 (11%)
Rarely	90 (9%)
Never	528 (53%)
I don't know	65 (6%)

Over 40% of women report experiencing disrupted sleep due to menopause.

### Results by Age Group

	35-44	45-54	55-64	65+
<b>Total</b>	<b>209</b>	<b>183</b>	<b>177</b>	<b>158</b>
Sometimes, often or always	65 (31%)	101 (55%)	78 (44%)	20 (13%)
Always	14 (7%)	31 (17%)	17 (10%)	2 (1%)
Often	32 (15%)	43 (23%)	24 (14%)	7 (4%)
Sometimes	19 (9%)	27 (15%)	37 (21%)	11 (7%)
Rarely	17 (8%)	25 (14%)	24 (14%)	11 (7%)
Never	113 (54%)	46 (25%)	68 (38%)	116 (73%)
I don't know	14 (7%)	11 (6%)	7 (4%)	11 (7%)

Over half of women aged 45-54 (55%) report sometimes, often or always experiencing sleep disruption due to menopause.

### Results by Generation

	Millennial (28-43)	Gen X (44-59)	Baby Boomer (60-78)	Silent Generation (79+)
<b>Total</b>	<b>306</b>	<b>291</b>	<b>230</b>	<b>15</b>
Sometimes, often or always	83 (27%)	158 (54%)	46 (20%)	2 (13%)
Always	16 (5%)	48 (16%)	6 (3%)	0 (0%)
Often	46 (15%)	58 (20%)	16 (7%)	1 (7%)
Sometimes	21 (7%)	52 (18%)	24 (10%)	1 (7%)
Rarely	21 (7%)	36 (12%)	24 (10%)	0 (0%)
Never	181 (59%)	80 (27%)	146 (63%)	12 (80%)
I don't know	21 (7%)	17 (6%)	14 (6%)	1 (7%)

Only 27% of Gen X report never having experienced disrupted sleep due to menopause.

## Results by Region

	Northeast	Midwest	South	West
<b>Total</b>	<b>194</b>	<b>216</b>	<b>443</b>	<b>148</b>
Sometimes, often or always	70 (36%)	68 (31%)	140 (32%)	40 (27%)
Always	20 (10%)	14 (6%)	29 (7%)	13 (9%)
Often	24 (12%)	36 (17%)	59 (13%)	16 (11%)
Sometimes	26 (13%)	18 (8%)	52 (12%)	11 (7%)
Rarely	15 (8%)	22 (10%)	40 (9%)	13 (9%)
Never	100 (52%)	113 (52%)	232 (52%)	83 (56%)
I don't know	9 (5%)	13 (6%)	31 (7%)	12 (8%)

Women in the Northeast (36%) are most likely to experience disrupted sleep sometimes, often or always due to menopause.

## 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](http://aasm.org)).