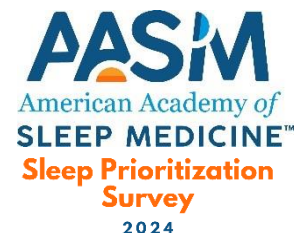


AASM Sleep Prioritization Survey

Sleep Duration



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

When thinking about your typical sleep duration, do you feel that you usually get the right amount of sleep?

Results

- When thinking about their typical sleep duration, 54% of respondents reported that they get too little sleep.

Overall Results

Total	2,006
Get the right amount of sleep	772 (38%)
Don't get the right amount of sleep	1,154 (58%)
Get too little sleep	1,093 (54%)
Get too much sleep	61 (3%)
I don't know	80 (4%)

When thinking about their typical sleep duration, 58% of respondents reported that they don't get the right amount of sleep.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Get the right amount of sleep	439 (44%)	332 (33%)	0 (0%)	1 (50%)
Don't get the right amount of sleep	531 (53%)	622 (62%)	1 (100%)	0 (0%)
Get too little sleep	510 (51%)	582 (58%)	1 (100%)	0 (0%)
Get too much sleep	21 (2%)	40 (4%)	0 (0%)	0 (0%)
I don't know	32 (3%)	47 (5%)	0 (0%)	1 (50%)

Females (62%) are 9% more likely than males (53%) to report that they don't get the right amount of sleep.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Get the right amount of sleep	101 (43%)	164 (43%)	128 (36%)	127 (35%)	122 (35%)	130 (41%)
Don't get the right amount of sleep	119 (51%)	203 (53%)	219 (61%)	225 (63%)	213 (61%)	175 (55%)
Get too little sleep	111 (47%)	193 (51%)	203 (56%)	220 (61%)	199 (57%)	167 (52%)
Get too much sleep	8 (3%)	10 (3%)	16 (4%)	5 (1%)	14 (4%)	8 (3%)
I don't know	14 (6%)	15 (4%)	13 (4%)	8 (2%)	16 (5%)	14 (4%)

Respondents 45-54 (63%) are most likely to report that they don't get the right amount of sleep.

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
Get the right amount of sleep	134 (43%)	250 (39%)	199 (35%)	175 (39%)	14 (44%)
Don't get the right amount of sleep	161 (51%)	364 (57%)	355 (62%)	261 (58%)	13 (41%)
Get too little sleep	150 (48%)	343 (54%)	340 (59%)	247 (55%)	13 (41%)
Get too much sleep	11 (4%)	21 (3%)	15 (3%)	14 (3%)	0 (0%)
I don't know	18 (6%)	23 (4%)	18 (3%)	16 (4%)	5 (16%)

Gen X (62%) are most likely to report that they don't get the right amount of sleep.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Get the right amount of sleep	146 (42%)	141 (33%)	298 (38%)	187 (41%)
Don't get the right amount of sleep	185 (53%)	268 (63%)	449 (58%)	252 (55%)
Get too little sleep	174 (50%)	252 (59%)	422 (54%)	245 (54%)
Get too much sleep	11 (3%)	16 (4%)	27 (3%)	7 (2%)
I don't know	17 (5%)	18 (4%)	29 (4%)	16 (4%)

Respondents in the Midwest (63%) are most likely to report that they don't get the right amount of sleep.

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).