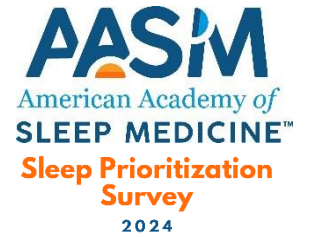


AASM Sleep Prioritization Survey

AI and Emerging Technology Worries



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 have you lost sleep at night due to worries about AI and emerging technology?

Results

- 41% of people have lost sleep due to worries about AI and emerging technology.

Overall Results

Total	2,006
Often or always	380 (19%)
Sometimes, often or always	553 (28%)
Always	151 (8%)
Often	229 (11%)
Sometimes	173 (9%)
Rarely	263 (13%)
Never	1,089 (54%)
I don't know	101 (5%)

More than one-fourth (28%) of respondents reported that they sometimes, often or always lose sleep at night due to worries about AI and emerging technology.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Often or always	239 (24%)	140 (14%)	1 (100%)	0 (0%)
Sometimes, often or always	327 (33%)	225 (22%)	1 (100%)	0 (0%)
Always	95 (9%)	55 (5%)	1 (100%)	0 (0%)
Often	144 (14%)	85 (8%)	0 (0%)	0 (0%)
Sometimes	88 (9%)	85 (8%)	0 (0%)	0 (0%)
Rarely	144 (14%)	118 (12%)	0 (0%)	1 (50%)
Never	503 (50%)	585 (58%)	0 (0%)	1 (50%)
I don't know	28 (3%)	73 (7%)	0 (0%)	0 (0%)

Males (33%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about AI and emerging technology.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Often or always	74 (32%)	116 (30%)	73 (20%)	62 (17%)	33 (9%)	22 (7%)
Sometimes, often or always	100 (43%)	171 (45%)	111 (31%)	89 (25%)	51 (15%)	31 (10%)
Always	27 (12%)	49 (13%)	33 (9%)	21 (6%)	15 (4%)	6 (2%)
Often	47 (20%)	67 (18%)	40 (11%)	41 (11%)	18 (5%)	16 (5%)
Sometimes	26 (11%)	55 (14%)	38 (11%)	27 (8%)	18 (5%)	9 (3%)
Rarely	27 (12%)	40 (10%)	40 (11%)	59 (16%)	46 (13%)	51 (16%)
Never	95 (41%)	156 (41%)	193 (54%)	190 (53%)	231 (66%)	224 (70%)
I don't know	12 (5%)	15 (4%)	16 (4%)	22 (6%)	23 (7%)	13 (4%)

Respondents 25-34 (45%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about AI and emerging technology.

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
Often or always	94 (30%)	166 (26%)	84 (15%)	34 (8%)	2 (6%)
Sometimes, often or always	133 (42%)	242 (38%)	122 (21%)	54 (12%)	2 (6%)
Always	32 (10%)	76 (12%)	30 (5%)	13 (3%)	0 (0%)
Often	62 (20%)	90 (14%)	54 (9%)	21 (5%)	2 (6%)
Sometimes	39 (12%)	76 (12%)	38 (7%)	20 (4%)	0 (0%)
Rarely	33 (11%)	70 (11%)	83 (15%)	73 (16%)	4 (13%)
Never	128 (41%)	303 (48%)	331 (58%)	302 (67%)	25 (78%)
I don't know	19 (6%)	22 (3%)	36 (6%)	23 (5%)	1 (3%)

Gen Z (53%) is most likely to report that they have lost sleep at night due to worries about AI and emerging technology.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Often or always	80 (23%)	63 (15%)	128 (16%)	109 (24%)
Sometimes, often or always	121 (35%)	97 (23%)	187 (24%)	148 (33%)
Always	30 (9%)	25 (6%)	49 (6%)	47 (10%)
Often	50 (14%)	38 (9%)	79 (10%)	62 (14%)
Sometimes	41 (12%)	34 (8%)	59 (8%)	39 (9%)
Rarely	36 (10%)	60 (14%)	98 (13%)	69 (15%)
Never	170 (49%)	256 (60%)	444 (57%)	219 (48%)
I don't know	21 (6%)	14 (3%)	47 (6%)	19 (4%)

Respondents in the Northeast (35%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about AI and emerging technology.

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).