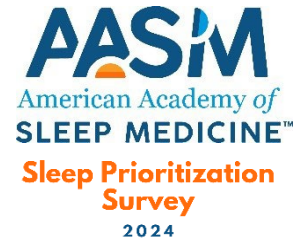


AASM Sleep Prioritization Survey

Doctors Talking Sleep



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 discussed your sleep with any of the following health professionals?

Results

- Most survey participants have never discussed sleep with a health professional (51%).
- Some respondents say that they have discussed their sleep with their primary care professional (28%), a sleep specialist (13%) or mental health professional (19%).

Overall Results

Total	2,006
Primary care professional	560 (28%)
Sleep specialist	255 (13%)
Other medical specialist	133 (7%)
Pharmacist	159 (8%)
Mental health professional	390 (19%)
Dentist	95 (5%)
None of these	1,015 (51%)

Most U.S. adults (51%) have never discussed sleep with a health professional.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Primary care professional	278 (28%)	282 (28%)	0 (0%)	0 (0%)
Sleep specialist	169 (17%)	86 (9%)	0 (0%)	0 (0%)
Other medical specialist	83 (8%)	50 (5%)	0 (0%)	0 (0%)
Pharmacist	123 (12%)	36 (4%)	0 (0%)	0 (0%)
Mental health professional	223 (22%)	166 (17%)	1 (100%)	0 (0%)
Dentist	67 (7%)	28 (3%)	0 (0%)	0 (0%)
None of these	461 (46%)	552 (55%)	0 (0%)	2 (100%)

Women (55%) are least likely to have ever discussed sleep with a health professional.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Primary care professional	43 (18%)	103 (27%)	90 (25%)	128 (36%)	101 (29%)	95 (30%)
Sleep specialist	44 (19%)	63 (16%)	45 (13%)	41 (11%)	34 (10%)	28 (9%)
Other medical specialist	17 (7%)	33 (9%)	29 (8%)	18 (5%)	24 (7%)	12 (4%)

Pharmacist	41 (18%)	45 (12%)	35 (10%)	21 (6%)	15 (4%)	2 (1%)
Mental health professional	64 (27%)	105 (27%)	78 (22%)	81 (23%)	46 (13%)	16 (5%)
Dentist	20 (9%)	34 (9%)	14 (4%)	15 (4%)	6 (2%)	6 (2%)
None of these	110 (47%)	150 (39%)	198 (55%)	168 (47%)	193 (55%)	196 (61%)

Those aged 25-34 (61%) are most likely to have discussed their sleep with a health professional.

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
Primary care professional	61 (19%)	166 (26%)	194 (34%)	132 (29%)	7 (22%)
Sleep specialist	57 (18%)	88 (14%)	64 (11%)	46 (10%)	0 (0%)
Other medical specialist	22 (7%)	56 (9%)	28 (5%)	26 (6%)	1 (3%)
Pharmacist	49 (16%)	69 (11%)	30 (5%)	11 (2%)	0 (0%)
Mental health professional	77 (25%)	163 (26%)	118 (21%)	32 (7%)	0 (0%)
Dentist	24 (8%)	42 (7%)	18 (3%)	11 (2%)	0 (0%)
None of these	150 (48%)	296 (46%)	278 (49%)	267 (59%)	24 (75%)

Three-fourths (75%) of the Silent Generation have never discussed sleep with any health professional.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Primary care professional	112 (32%)	113 (26%)	201 (26%)	134 (29%)
Sleep specialist	50 (14%)	43 (10%)	86 (11%)	76 (17%)
Other medical specialist	18 (5%)	25 (6%)	52 (7%)	38 (8%)
Pharmacist	34 (10%)	26 (6%)	55 (7%)	44 (10%)
Mental health professional	78 (22%)	69 (16%)	141 (18%)	102 (22%)
Dentist	18 (5%)	11 (3%)	43 (6%)	23 (5%)
None of these	160 (46%)	230 (54%)	413 (53%)	212 (47%)

Adults in the Northeast (54%) are the most likely to talk with a health professional about 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).