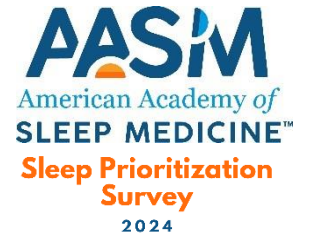


AASM Sleep Prioritization Survey

Election 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 the presidential election?

Results

- Nearly half of people (46%) have lost sleep due to worries about the presidential election.

Overall Results

Total	2,006
Often or always	395 (20%)
Sometimes, often or always	618 (31%)
Always	183 (9%)
Often	212 (11%)
Sometimes	223 (11%)
Rarely	295 (15%)
Never	1,017 (51%)
I don't know	76 (4%)

Nearly one-third (31%) of respondents reported that they sometimes, often or always have lost sleep at night due to worries about the election.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Often or always	234 (23%)	160 (16%)	1 (100%)	0 (0%)
Sometimes, often or always	350 (35%)	266 (27%)	1 (100%)	1 (50%)
Always	117 (12%)	65 (6%)	1 (100%)	0 (0%)
Often	117 (12%)	95 (9%)	0 (0%)	0 (0%)
Sometimes	116 (12%)	106 (11%)	0 (0%)	1 (50%)
Rarely	148 (15%)	147 (15%)	0 (0%)	0 (0%)
Never	476 (48%)	540 (54%)	0 (0%)	1 (50%)
I don't know	28 (3%)	48 (5%)	0 (0%)	0 (0%)

Males (35%) are 8% more likely than females (27%) to report they sometimes, often or always lose sleep at night due to worries about the election.

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	65 (28%)	109 (29%)	77 (21%)	68 (19%)	49 (14%)	27 (8%)
Sometimes, often or always	92 (39%)	152 (40%)	118 (33%)	99 (28%)	92 (26%)	65 (20%)
Always	27 (12%)	62 (16%)	40 (11%)	23 (6%)	18 (5%)	13 (4%)
Often	38 (16%)	47 (12%)	37 (10%)	45 (13%)	31 (9%)	14 (4%)
Sometimes	27 (12%)	43 (11%)	41 (11%)	31 (9%)	43 (12%)	38 (12%)
Rarely	25 (11%)	45 (12%)	48 (13%)	59 (16%)	58 (17%)	60 (19%)
Never	108 (46%)	166 (43%)	181 (50%)	187 (52%)	191 (54%)	184 (58%)
I don't know	9 (4%)	19 (5%)	13 (4%)	15 (4%)	10 (3%)	10 (3%)

Respondents 25-34 (40%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about the election.

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	85 (27%)	161 (25%)	100 (17%)	46 (10%)	3 (9%)
Sometimes, often or always	122 (39%)	228 (36%)	161 (28%)	101 (22%)	6 (19%)
Always	36 (12%)	92 (14%)	32 (6%)	21 (5%)	2 (6%)
Often	49 (16%)	69 (11%)	68 (12%)	25 (6%)	1 (3%)
Sometimes	37 (12%)	67 (11%)	61 (11%)	55 (12%)	3 (9%)
Rarely	32 (10%)	85 (13%)	85 (15%)	88 (19%)	5 (16%)
Never	143 (46%)	301 (47%)	303 (53%)	250 (55%)	20 (63%)
I don't know	16 (5%)	23 (4%)	23 (4%)	13 (3%)	1 (3%)

Gen Z (39%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about the election.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Often or always	85 (24%)	69 (16%)	138 (18%)	103 (23%)
Sometimes, often or always	119 (34%)	120 (28%)	215 (28%)	164 (36%)
Always	36 (10%)	31 (7%)	61 (8%)	55 (12%)
Often	49 (14%)	38 (9%)	77 (10%)	48 (11%)
Sometimes	34 (10%)	51 (12%)	77 (10%)	61 (13%)
Rarely	48 (14%)	61 (14%)	111 (14%)	75 (16%)
Never	170 (49%)	227 (53%)	415 (53%)	205 (45%)
I don't know	11 (3%)	19 (4%)	35 (5%)	11 (2%)

Respondents in the West (36%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about the election.

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).