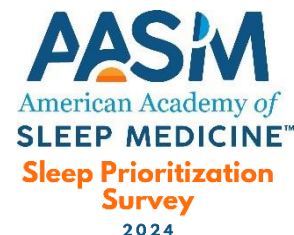


# AASM Sleep Prioritization Survey

## Financial 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 finances?

### Results

- 81% of people have lost sleep due to worries about finances.

### Overall Results

<b>Total</b>	<b>2,006</b>
Often or always	843 (42%)
Sometimes, often or always	1,321 (66%)
Always	366 (18%)
Often	477 (24%)
Sometimes	478 (24%)
Rarely	296 (15%)
Never	345 (17%)
I don't know	44 (2%)

Two-thirds (66%) of respondents reported that they sometimes, often or always have lost sleep at night due to worries about their finances.

### Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
<b>Total</b>	<b>1,002</b>	<b>1,001</b>	<b>1</b>	<b>2</b>
Often or always	421 (42%)	420 (42%)	1 (100%)	1 (50%)
Sometimes, often or always	658 (66%)	661 (66%)	1 (100%)	1 (50%)
Always	174 (17%)	191 (19%)	1 (100%)	0 (0%)
Often	247 (25%)	229 (23%)	0 (0%)	1 (50%)
Sometimes	237 (24%)	241 (24%)	0 (0%)	0 (0%)
Rarely	157 (16%)	138 (14%)	0 (0%)	1 (50%)
Never	174 (17%)	171 (17%)	0 (0%)	0 (0%)
I don't know	13 (1%)	31 (3%)	0 (0%)	0 (0%)

Males (66%) and females (66%) are equally likely to report that 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+
<b>Total</b>	<b>234</b>	<b>382</b>	<b>360</b>	<b>360</b>	<b>351</b>	<b>319</b>
Often or always	115 (49%)	205 (54%)	184 (51%)	179 (50%)	106 (30%)	54 (17%)
Sometimes, often or always	163 (70%)	294 (77%)	258 (72%)	266 (74%)	201 (57%)	139 (44%)
Always	44 (19%)	100 (26%)	96 (27%)	66 (18%)	44 (13%)	16 (5%)
Often	71 (30%)	105 (27%)	88 (24%)	113 (31%)	62 (18%)	38 (12%)
Sometimes	48 (21%)	89 (23%)	74 (21%)	87 (24%)	95 (27%)	85 (27%)
Rarely	22 (9%)	35 (9%)	47 (13%)	41 (11%)	68 (19%)	83 (26%)
Never	40 (17%)	47 (12%)	47 (13%)	43 (12%)	74 (21%)	94 (29%)
I don't know	9 (4%)	6 (2%)	8 (2%)	10 (3%)	8 (2%)	3 (1%)

Respondents 25-34 (77%) 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+)
<b>Total</b>	<b>313</b>	<b>637</b>	<b>572</b>	<b>452</b>	<b>32</b>
Often or always	156 (50%)	336 (53%)	248 (43%)	99 (22%)	4 (13%)
Sometimes, often or always	218 (70%)	479 (75%)	395 (69%)	218 (48%)	11 (34%)
Always	65 (21%)	166 (26%)	100 (17%)	35 (8%)	0 (0%)
Often	91 (29%)	170 (27%)	148 (26%)	64 (14%)	4 (13%)
Sometimes	62 (20%)	143 (22%)	147 (26%)	119 (26%)	7 (22%)
Rarely	29 (9%)	72 (11%)	80 (14%)	104 (23%)	11 (34%)
Never	53 (17%)	78 (12%)	80 (14%)	125 (28%)	9 (28%)
I don't know	13 (4%)	8 (1%)	17 (3%)	5 (1%)	1 (3%)

Millennials (75%) 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
<b>Total</b>	<b>348</b>	<b>427</b>	<b>776</b>	<b>455</b>
Often or always	146 (42%)	163 (38%)	347 (45%)	187 (41%)
Sometimes, often or always	232 (67%)	286 (67%)	499 (64%)	304 (67%)
Always	75 (22%)	69 (16%)	142 (18%)	80 (18%)
Often	71 (20%)	94 (22%)	205 (26%)	107 (24%)
Sometimes	86 (25%)	123 (29%)	152 (20%)	117 (26%)
Rarely	54 (16%)	65 (15%)	107 (14%)	70 (15%)
Never	54 (16%)	68 (16%)	146 (19%)	77 (17%)
I don't know	8 (2%)	8 (2%)	24 (3%)	4 (1%)

Respondents in the Northeast (67%), Midwest (67%), and West (67%) are equally 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](http://aasm.org)).