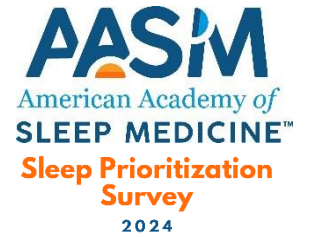


AASM Sleep Prioritization Survey

Global Conflict 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 global conflict?

Results

- 54% of people have lost sleep due to worries about global conflict.

Overall Results

Total	2,006
Often or always	417 (21%)
Sometimes, often or always	714 (36%)
Always	162 (8%)
Often	255 (13%)
Sometimes	297 (15%)
Rarely	375 (19%)
Never	845 (42%)
I don't know	72 (4%)

Over one-third (36%) of respondents reported that they sometimes, often or always have lost sleep at night due to worries about global conflict.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Often or always	256 (26%)	160 (16%)	1 (100%)	0 (0%)
Sometimes, often or always	405 (40%)	308 (31%)	1 (100%)	0 (0%)
Always	111 (11%)	50 (5%)	1 (100%)	0 (0%)
Often	145 (14%)	110 (11%)	0 (0%)	0 (0%)
Sometimes	149 (15%)	148 (15%)	0 (0%)	0 (0%)
Rarely	182 (18%)	191 (19%)	0 (0%)	2 (100%)
Never	398 (40%)	447 (45%)	0 (0%)	0 (0%)
I don't know	17 (2%)	55 (5%)	0 (0%)	0 (0%)

Males (40%) are more likely than females (31%) to report that they sometimes, often or always lose sleep at night due to worries about global conflict.

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	75 (32%)	119 (31%)	86 (24%)	76 (21%)	39 (11%)	22 (7%)
Sometimes, often or always	116 (50%)	189 (49%)	136 (38%)	119 (33%)	90 (26%)	64 (20%)
Always	35 (15%)	55 (14%)	32 (9%)	19 (5%)	17 (5%)	4 (1%)
Often	40 (17%)	64 (17%)	54 (15%)	57 (16%)	22 (6%)	18 (6%)
Sometimes	41 (18%)	70 (18%)	50 (14%)	43 (12%)	51 (15%)	42 (13%)
Rarely	38 (16%)	61 (16%)	66 (18%)	70 (19%)	74 (21%)	66 (21%)

Respondents 18-24 (32%) and 25-34 (31%) are most likely to report that they often or always lose sleep at night due to worries about global conflict.

Never	70 (30%)	117 (31%)	149 (41%)	157 (44%)	173 (49%)	179 (56%)
I don't know	10 (4%)	15 (4%)	9 (3%)	14 (4%)	14 (4%)	10 (3%)

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	93 (30%)	181 (28%)	107 (19%)	35 (8%)	1 (3%)
Sometimes, often or always	152 (49%)	276 (43%)	175 (31%)	105 (23%)	6 (19%)
Always	40 (13%)	78 (12%)	32 (6%)	12 (3%)	0 (0%)
Often	53 (17%)	103 (16%)	75 (13%)	23 (5%)	1 (3%)
Sometimes	59 (19%)	95 (15%)	68 (12%)	70 (15%)	5 (16%)
Rarely	49 (16%)	114 (18%)	107 (19%)	103 (23%)	2 (6%)
Never	95 (30%)	232 (36%)	266 (47%)	228 (50%)	24 (75%)
I don't know	17 (5%)	15 (2%)	24 (4%)	16 (4%)	0 (0%)

The Silent Generation (75%) is most likely to report that they never lose sleep at night due to worries about global conflict.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Often or always	84 (24%)	69 (16%)	142 (18%)	122 (27%)
Sometimes, often or always	137 (39%)	129 (30%)	257 (33%)	191 (42%)
Always	40 (11%)	16 (4%)	58 (7%)	48 (11%)
Often	44 (13%)	53 (12%)	84 (11%)	74 (16%)
Sometimes	53 (15%)	60 (14%)	115 (15%)	69 (15%)
Rarely	59 (17%)	92 (22%)	136 (18%)	88 (19%)
Never	140 (40%)	194 (45%)	344 (44%)	167 (37%)
I don't know	12 (3%)	12 (3%)	39 (5%)	9 (2%)

Respondents in the Northeast (39%) and West (42%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about global conflict.

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).