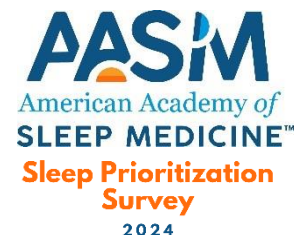


# AASM Sleep Prioritization Survey

## Job Security 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 job security?

### Results

- 57% of people have lost sleep due to worries about job security.

#### Overall Results

<b>Total</b>	<b>2,006</b>
Often or always	510 (25%)
Sometimes, often or always	838 (42%)
Always	220 (11%)
Often	290 (14%)
Sometimes	328 (16%)
Rarely	308 (15%)
Never	783 (39%)
I don't know	77 (4%)

Nearly four in ten (42%) respondents reported that they sometimes, often or always have lost sleep at night due to worries about job security.

#### 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	296 (30%)	213 (21%)	1 (100%)	0 (0%)
Sometimes, often or always	464 (46%)	371 (37%)	1 (100%)	2 (100%)
Always	133 (13%)	86 (9%)	1 (100%)	0 (0%)
Often	163 (16%)	127 (13%)	0 (0%)	0 (0%)
Sometimes	168 (17%)	158 (16%)	0 (0%)	2 (100%)
Rarely	169 (17%)	139 (14%)	0 (0%)	0 (0%)
Never	349 (35%)	434 (43%)	0 (0%)	0 (0%)
I don't know	20 (2%)	57 (6%)	0 (0%)	0 (0%)

Males (46%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about job security.

#### 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	83 (35%)	144 (38%)	122 (34%)	91 (25%)	54 (15%)	16 (5%)
Sometimes, often or always	134 (57%)	228 (60%)	195 (54%)	145 (40%)	101 (29%)	35 (11%)
Always	36 (15%)	61 (16%)	66 (18%)	33 (9%)	17 (5%)	7 (2%)
Often	47 (20%)	83 (22%)	56 (16%)	58 (16%)	37 (11%)	9 (3%)
Sometimes	51 (22%)	84 (22%)	73 (20%)	54 (15%)	47 (13%)	19 (6%)
Rarely	32 (14%)	57 (15%)	51 (14%)	75 (21%)	58 (17%)	35 (11%)
Never	61 (26%)	86 (23%)	101 (28%)	124 (34%)	176 (50%)	235 (74%)
I don't know	7 (3%)	11 (3%)	13 (4%)	16 (4%)	16 (5%)	14 (4%)

Respondents 25-34 (60%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about job security.

## 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	107 (34%)	234 (37%)	133 (23%)	35 (8%)	1 (3%)
Sometimes, often or always	177 (57%)	368 (58%)	217 (38%)	74 (16%)	2 (6%)
Always	46 (15%)	112 (18%)	48 (8%)	14 (3%)	0 (0%)
Often	61 (19%)	122 (19%)	85 (15%)	21 (5%)	1 (3%)
Sometimes	70 (22%)	134 (21%)	84 (15%)	39 (9%)	1 (3%)
Rarely	43 (14%)	94 (15%)	108 (19%)	61 (13%)	2 (6%)
Never	83 (27%)	158 (25%)	221 (39%)	294 (65%)	27 (84%)
I don't know	10 (3%)	17 (3%)	26 (5%)	23 (5%)	1 (3%)

Gen Z (57%) and Millennials (58%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about job security.

## 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	98 (28%)	93 (22%)	191 (25%)	128 (28%)
Sometimes, often or always	149 (43%)	160 (37%)	322 (41%)	207 (45%)
Always	42 (12%)	39 (9%)	75 (10%)	64 (14%)
Often	56 (16%)	54 (13%)	116 (15%)	64 (14%)
Sometimes	51 (15%)	67 (16%)	131 (17%)	79 (17%)
Rarely	51 (15%)	68 (16%)	114 (15%)	75 (16%)
Never	133 (38%)	191 (45%)	299 (39%)	160 (35%)
I don't know	15 (4%)	8 (2%)	41 (5%)	13 (3%)

Respondents in the West (45%) are most likely to report that they sometimes, often or always lose sleep at night due to worries about job security.

## 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)).