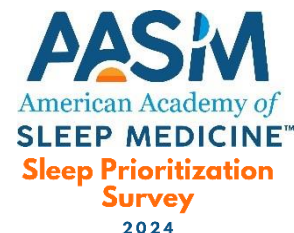


AASM Sleep Prioritization Survey

How Exercise Affects 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

How do you feel that exercise affects your sleep?

Results

- More than half (53%) of Americans say exercising helps them sleep better.

Overall Results

Total	2,006
Exercising helps me sleep better	1,060 (53%)
Exercising makes me sleep worse	131 (7%)
Exercise has no effect on my sleep	411 (20%)
N/A; I don't exercise	404 (20%)

Only 20% of Americans say exercising has no effect on their sleep.

Results by Gender

	Male	Female	Transgender	Non-binary or gender non-conforming
Total	1,002	1,001	1	2
Exercising helps me sleep better	628 (63%)	430 (43%)	1 (100%)	1 (50%)
Exercising makes me sleep worse	67 (7%)	64 (6%)	0 (0%)	0 (0%)
Exercise has no effect on my sleep	164 (16%)	246 (25%)	0 (0%)	1 (50%)
N/A; I don't exercise	143 (14%)	261 (26%)	0 (0%)	0 (0%)

Men (63%) are more likely than women (43%) to say that exercising helps them sleep better.

Results by Age Group

	18-24	25-34	35-44	45-54	55-64	65+
Total	234	382	360	360	351	319
Exercising helps me sleep better	125 (53%)	236 (62%)	190 (53%)	188 (52%)	177 (50%)	144 (45%)
Exercising makes me sleep worse	27 (12%)	38 (10%)	26 (7%)	17 (5%)	12 (3%)	11 (3%)
Exercise has no effect on my sleep	49 (21%)	61 (16%)	72 (20%)	75 (21%)	74 (21%)	80 (25%)
N/A; I don't exercise	33 (14%)	47 (12%)	72 (20%)	80 (22%)	88 (25%)	84 (26%)

Americans aged 25-34 (62%) are most likely to say that exercise helps them sleep better.

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
Exercising helps me sleep better	169 (54%)	369 (58%)	299 (52%)	211 (47%)	12 (38%)
Exercising makes me sleep worse	34 (11%)	55 (9%)	25 (4%)	17 (4%)	0 (0%)
Exercise has no effect on my sleep	67 (21%)	113 (18%)	113 (20%)	112 (25%)	6 (19%)
N/A; I don't exercise	43 (14%)	100 (16%)	135 (24%)	112 (25%)	14 (44%)

Millennial's (58%) are most likely to say that exercise helps them sleep better.

Results by Region

	Northeast	Midwest	South	West
Total	348	427	776	455
Exercising helps me sleep better	178 (51%)	205 (48%)	373 (48%)	304 (67%)
Exercising makes me sleep worse	27 (8%)	17 (4%)	58 (7%)	29 (6%)
Exercise has no effect on my sleep	75 (22%)	105 (25%)	162 (21%)	69 (15%)
N/A; I don't exercise	68 (20%)	100 (23%)	183 (24%)	53 (12%)

Americans in the West (67%) are most likely to say that exercise helps them sleep better.

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).